

# Wasserkursübersicht Hellweg-Sole-Thermen 2020



| Kursstart | Montag                     | Dienstag                        | Mitwoch                         | Donnerstag                      | Freitag                         | Samstag                        | Kursstart |
|-----------|----------------------------|---------------------------------|---------------------------------|---------------------------------|---------------------------------|--------------------------------|-----------|
| 08:00     |                            |                                 |                                 |                                 |                                 |                                | 08:00     |
| 08:30     |                            |                                 |                                 |                                 |                                 |                                | 08:30     |
| 09:00     |                            | Rheumaliga (SC/BD)              |                                 | Aqua-Fitness (EP/SC)            | Rehasport (SK/SC/EP)            | Rehasport (Rota)               | 09:00     |
| 09:30     | Aqua-Fitness (EP/SC)       | Aqua-Fitness (SC/SK)            |                                 |                                 |                                 |                                | 09:30     |
| 10:00     |                            |                                 | Rheumaliga (BD/ SC/EP)          | Aqua-Fitness (BD/SC)            | Rheumaliga (SC/JS/EP)           |                                | 10:00     |
| 10:30     | Wassergymnastik (JS/SC/EP) | Wassergymnastik (JS/SC)         | Wassergymnastik (BD/ SC/EP)     |                                 | Wassergymnastik (SC/SK/JS)      | Wassergymnastik (Rota)         | 10:30     |
| 11:00     |                            | Rehasport (AH/SK)               | Rheumaliga (BD/ SC/EP)          | Rehasport (BD/SC)               | Rehasport (EP/BD)               | Rehasport (Rota)               | 11:00     |
| 11:30     |                            |                                 | Rheumaliga (BD/ SC/EP)          |                                 |                                 |                                | 11:30     |
| 12:00     | Rheumaliga (SC/EP)         | Rheumaliga (AH/SK)              | Rheumaliga (EP/SC)              | Rheumaliga (BD/EP)              | Rehasport (SC/SK)               |                                | 12:00     |
| 12:30     | Rheumaliga (SC/EP)         |                                 |                                 | Rehasport (BD/SC)               |                                 |                                | 12:30     |
| 13:00     |                            | Rehasport (BD)                  |                                 |                                 |                                 |                                | 13:00     |
| 13:30     |                            |                                 |                                 |                                 |                                 |                                | 13:30     |
| 14:00     |                            |                                 |                                 |                                 |                                 |                                | 14:00     |
| 14:30     | Wassergymnastik (SC/JS)    | Schwimmkurs Kinder Seepferdchen | Wassergymnastik (JS/ BD)        | Schwimmkurs Kinder Seepferdchen | Schwimmkurs Kinder Seepferdchen | Wassergymnastik (JS/KH)        | 14:30     |
| 15:00     |                            | Rehasport (BD)                  | Schwimmkurs Kinder Seepferdchen |                                 |                                 |                                | 15:00     |
| 15:30     | Rehasport (SC/EP)          | Schwimmkurs Kinder Seepferdchen |                                 | Schwimmkurs Kinder Seepferdchen | Rehasport (OK/SC)               | Rheumaliga (JS/KH)             | 15:30     |
| 16:00     |                            |                                 | Rehasport (OK/SC)               |                                 | Schwimmkurs Kinder Seepferdchen | Rheumaliga (JS/KH)             | 16:00     |
| 16:30     | Rheumaliga (BD/EP)         | Rheumaliga (BD/SC)              |                                 | Rheumaliga (EP/SC)              |                                 | DLRG 1 Eltern-Kind-Schwimmkurs | 16:30     |
| 17:00     | Rheumaliga (BD/EP)         | Rehasport (BD)                  | Aqua-Fitness (EP)               | Rheumaliga (EP/SC)              |                                 |                                | 17:00     |
| 17:30     | Rheumaliga (BD/EP)         |                                 |                                 | Rheumaliga (EP)                 |                                 | DLRG 2 Kinderschwimmkurs       | 17:30     |
| 18:00     |                            |                                 | Rehasport (AD)                  |                                 |                                 |                                | 18:00     |
| 18:30     | Rheumaliga (BD)            | Rheumaliga (BD)                 |                                 | Aqua-Fitness (OY)               |                                 |                                | 18:30     |
| 19:00     | Rheumaliga (BD)            | Rheumaliga (BD)                 | Rehasport (AD)                  |                                 |                                 |                                | 19:00     |
| 19:30     | Rheumaliga (BD)            | Rheumaliga (BD)                 |                                 | Rheumaliga (OY)                 |                                 |                                | 19:30     |
| 20:00     |                            |                                 |                                 |                                 |                                 |                                | 20:00     |
| 20:30     |                            |                                 |                                 |                                 |                                 |                                | 20:30     |

Susanne Conze SC  
Erika Pruin EP

Anja Döveling AD  
Barbara Dechange BD

Jens Schröder (JS)  
Olga Klemke OK

Octan Yeter OY  
Sandra Klaus SK

Kirsten Heinemann KH  
Rotation RO Therapie