



ORARI ATTIVITA' 2020/21 Tel.0831/574905 CELL. 3501357722

| NUOTO LIBERO durata 50' | SCUOLA NUOTO ADULTI durata 50' | ACQUATICITA' NEONATALE |
|--|---|-----------------------------|
| <u>LUNEDI</u> 11,00/12,00/13,00/14,00/20,40 | <u>LUNEDI/GIOVEDI</u> | <u>SABATO</u> |
| <u>MARTEDI</u> 8,00/11,00/12,00/13,00/14,00/20,40 | 9,00/10,00/11/12,00/13,00/14,00/19,50/20,40 | 10,50-11,20 |
| <u>MERCOLEDI</u> 11,00/12,00/13,00/14,00 | <u>MARTEDI-VENERDI</u> | |
| <u>GIOVEDI</u> 8,00/11,00/12,00/13,00/14,00/20,40 | 9,00/10,00/11/12,00/13,00/14,00/19,50/20,40 | NUOTO INDIVIDUALE |
| <u>VENERDI</u> 11,00/12,00/13,00/14,00/20,40 | <u>MERCOLEDI</u> | DA CONCORDARE |
| <u>SABATO</u> 8,00/10,00/11,00/13,00/14,00 | 9,00/10,00/11/12,00/13,00/14,00/19,00 | |
| | <u>SABATO</u> | NUOTO IN GRAVIDANZA |
| NUOTO BENESSERE durata 50' | 9,00/10,00/11,00/13,00/14,00/19,00 | <u>LUNEDI-GIOVEDI 11,00</u> |
| <u>LUNEDI/GIOVEDI</u> | | NUOTO MASTER |
| 10,00/11/12,00/13,00/14,00/19,50/20,40 | SCUOLA NUOTO BAMBINI durata 50' | <u>LUN/MART/GIOV/VEN</u> |
| <u>MARTEDI-VENERDI</u> | <u>LUNEDI/GIOVEDI</u> | 9/12/13/20,40 |
| 10,00/11/12,00/13,00/14,00/19,50/20,40 | 16,00-16,40 (3-4ANNI) 17,00/18,00/19,00 | <u>MERC</u> 12/13-19,50 |
| <u>MERCOLEDI</u> | <u>MARTEDI-VENERDI</u> | <u>SABATO</u> |
| 10,00/11/12,00/13,00/14,00/19,00 | 16,00-16,40 (3-4ANNI) 17,00/18,00/19,00 | 11,50-13,05 |
| <u>SABATO</u> | <u>MERCOLEDI</u> | <u>MART/VEN</u> |
| 10,00/11,00/13,00/14,00/19,00 | 16,00-16,40 (3-4ANNI) 17,00/18,00/19,00 | 9/12/13/19/19,50 |
| <p>*CAUSA DISPOSIZIONI ANTI COVID SONO OBBLIGATORI LA PRENOTAZIONE PER TUTTI I CORSI TRAMITE PORTALEED IL CERTIFICATO MEDICO PER ATTIVITA' SPORTIVA NON AGONISTICA / EMAIL: segreteria@sottosoprabrindisi.it</p> | | |