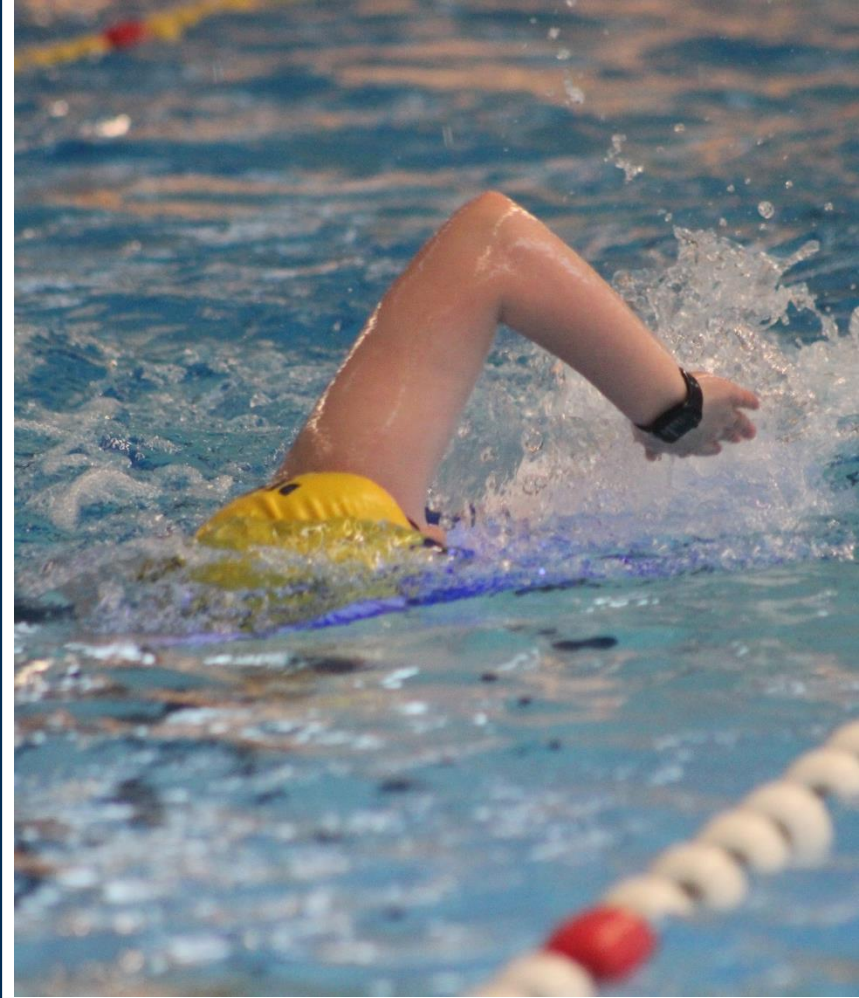




**SEASON
2025-2026**

**A.Z. & P.C.
DE  FUTEN
Amstelveen**



Wedstrijdzwemmen / Competition swimming

TRAINING SCHEDULE

UPDATED 20250817

TRAINING SCHEDULE 2 SEPT – 26 OCT

CURRENT POOL 2 SEPT – 26 OCT

	TUESDAY	WEDNESDAY		THURSDAY	SATURDAY	
LANE	18:30-19:30	18:30-19:30	19:30-20:30	19:30-21:00	16:00-17:00	17:00-18:00
1	ONDER 14 SELECTIE	SWIMKICK	ONDER 14 SELECTIE	ONDER 14 SELECTIE	COMPETITON A	COMPETITON A
2	ONDER 14 SELECTIE	SWIMKICK	ONDER 14 SELECTIE	ONDER 14 SELECTIE	COMPETITON A	COMPETITON A
3	COMPETITON A	CS101	COMPETITION B	COMPETITON A	CS101	COMPETITON A
4	COMPETITON A	CS101	COMPETITION B	COMPETITON A	CS101	SWIMKICK
5	COMPETITION B	ABC	COMPETITION C	COMPETITION B	COMPETITION C	SWIMKICK
6	COMPETITION B	ABC	COMPETITION C	COMPETITION B	COMPETITION C	SWIMKICK

	TRAINING HOURS	# LANES
COMPETITION A	4.5	9
COMPETITION B	3.5	6
COMPETITION C	2	4
ONDER 14 SELECTIE	3.5	6
SWIMKICK	2	5
CS101	2	4
TOTAL	6.5	34

TRAINING SCHEDULE 27 OCT – 3 JUL

CURRENT POOL 27 OCT – 3 JUL

	TUESDAY	WEDNESDAY		THURSDAY	SATURDAY	
LANE	18:30-19:30	18:30-19:30	19:30-20:30	19:30-21:00	16:00-17:00	17:00-18:00
1	CS101	COMPETITION A	COMPETITION A	ONDER 14 SELECTIE	LONG DISTANCE	LONG DISTANCE
2	CS101	COMPETITION A	COMPETITION A	ONDER 14 SELECTIE	LONG DISTANCE	LONG DISTANCE
3	CS101	COMPETITION A	COMPETITION A	CS101	LONG DISTANCE	LONG DISTANCE
4	COMPETITON C	MASTER/TRAINER	COMPETITION B	CS101	SWIMKICK	MASTER/TRAINER
5	COMPETITION C	ABC	COMPETITION B	COMPETITION B	SWIMKICK	MASTER/TRAINER
6	COMPETITION C	ABC	COMPETITION B	COMPETITION B	SWIMKICK	MASTER/TRAINER

Note - the Saturday hours in the current pool are for now not yet confirmed – decision will be based on how many swimmers confirmed at start of season and how many show interest in joining long distance training. In case we do not have these hours, the swimkick group will train in the new pool from 16:00-17:00 in the new pool (instead of masters)

NEW POOL – 28 OCT – 3 JUL

	TUESDAY	WEDNESDAY		THURSDAY	SATURDAY		
LANE	18:30-20:30	18:30-19:30	19:30-20:30	19:00-21:00	14:00-15:30	15:30-16:00	16:00-17:00
1	COMPETITON A	SWIMKICK	ONDER 14 SELECTIE	COMPETITON A	COMPETITON A		MASTER/TRAINER
2	COMPETITON A	SWIMKICK	ONDER 14 SELECTIE	COMPETITON A	COMPETITON A		MASTER/TRAINER
3					COMPETITION A		MASTER/TRAINER
4					COMPETITION B	COMPETITION C	
5					COMPETITION B	COMPETITION C	
6					COMPETITION B	COMPETITION C	
7					ONDER 14 SELECTIE	CS101	
8					ONDER 14 SELECTIE	CS101	