







## Peldētapmācība Mazajā peldbaseinā | 6 mēneši - 10 gadi

| Vecums                 | Grupa   | Nodarbību skaits nedēļā | PIRMDIENA   | OTRDIENA    | TREŠDIENA                    | CETURTDIENA | PIEKTDIENA  | TRENERIS        |
|------------------------|---|-------------------------|-------------|-------------|------------------------------|-------------|-------------|-----------------|
| 6 mēneši - 1 gads      |    | 1                       | 11:30-12:15 |             |                              |             |             | Toms Jēkabsons  |
|                        |   | 1                       |             |             |                              | 12:15-13:00 |             | Sinita Mūrniece |
|                        |   | 2                       |             | 14:30-15:15 |                              | 14:30-15:15 |             | Sinita Mūrniece |
|                        |   | 1                       |             | 19:00-19:45 |                              |             |             | Sinita Mūrniece |
| 1-2 gadi               |    | 1                       |             | 10:45-11:30 |                              |             |             | Toms Jēkabsons  |
|                        |   | 1                       |             |             |                              | 10:45-11:30 |             | Sinita Mūrniece |
|                        |   | 1                       |             |             | 11:30-12:15                  |             |             | Sinita Mūrniece |
|                        |   | 1                       |             |             |                              |             | 11:30-12:15 | Edijs Junde     |
|                        |   | 2                       |             | 15:15-16:00 |                              | 15:15-16:00 |             | Sinita Mūrniece |
|                        |   | 1                       |             | 18:15-19:00 |                              |             |             | Sinita Mūrniece |
| 2-3 gadi               |    | 1                       | 10:00-10:45 |             |                              |             |             | Sinita Mūrniece |
|                        |   | 1                       |             |             | 10:00-10:45                  |             |             | Toms Jēkabsons  |
|                        |   | 1                       |             | 11:30-12:15 |                              |             |             | Toms Jēkabsons  |
|                        |   | 1                       |             |             |                              | 11:30-12:15 |             | Sinita Mūrniece |
|                        |   | 2                       |             | 16:00-16:45 |                              | 16:00-16:45 |             | Sinita Mūrniece |
|                        |   | 1                       |             |             | 18:15-19:00<br>(no 14.marta) |             |             | Sinita Mūrniece |
| 3-4 gadi               |   | 1                       |             |             |                              |             | 12:15-13:00 | Edijs Junde     |
|                        |   | 2                       |             | 16:45-17:30 |                              | 16:45-17:30 |             | Sinita Mūrniece |
|                        |   | 1                       |             |             | 19:00-19:45<br>(no 14.marta) |             |             | Sinita Mūrniece |
|                        |   | 1                       |             | 19:45-20:30 |                              |             |             | Sinita Mūrniece |
| 6 mēneši - 4 gadi      | Atvērtā grupa   | 1                       | 16:45-17:30 |             |                              |             |             | Sinita Mūrniece |
|                        | Atvērtā grupa   | 1                       |             |             | 17:30-18:15                  |             |             | Sinita Mūrniece |
| 5-7 gadi ar pieaugušo  |  | 1                       |             |             |                              |             | 13:00-13:45 | Sinita Mūrniece |
|                        |   | 2                       | 18:15-19:00 |             | 18:15-19:00                  |             |             | Edijs Junde     |
|                        |   | 1                       |             |             |                              | 18:15-19:00 |             | Kristīne Mazure |
|                        |   | 2                       |             | 19:00-19:45 |                              | 19:00-19:45 |             | Kristīne Mazure |
| 5-7 gadi bez pieaugušā |  | 1                       |             |             |                              |             | 13:45-14:30 | Sinita Mūrniece |
|                        |   | 2                       | 17:30-18:15 |             | 17:30-18:15                  |             |             | Kristīne Mazure |
|                        |   | 1                       |             | 18:15-19:00 |                              |             |             | Kristīne Mazure |
| 6-8 gadi               | lesācēji  | 1                       |             |             |                              | 14:30-15:15 | Edijs Junde |                 |
| 9-10 gadi              | lesācēji  | 1                       |             |             |                              | 15:15-16:00 | Edijs Junde |                 |