***«Утверждаю»***

***Директор МБУ ДОД СДЮСШОР № 7***

***\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ C.А. Граборев***

**Расписание учебно-тренировочных занятий**

**с 01.03.2015 года**

**Плавательный бассейн «Строитель»**

***Водное поло***

|  |  |  |  |  |  |  |  |  |  |
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|  | ***Ф.И.О.*** | ***Группы*** | ***Место занятий*** | ***Понедельник*** | ***Вторник*** | ***Среда*** | ***Четверг*** | ***Пятница*** | ***Суббота*** |
| 1. | **Веревкина В.В.** | **УТГ-3**  **(18 час.)** | зал | **8.15-9.00** | **8.15-9.00** | **8.15-9.00** | **8.15-9.00** | **8.15-9.00** |  |
| вода | **9.00-10.30** | **9.00-10.30** | **9.00-10.30** | **9.00-10.30** | **9.00-10.30** | **14.15-16.30** |
| **УТГ-1**  **(10 час.)** | зал | **14.15-15.00** | **14.15-15.00** | **14.15-15.00** | **14.15-15.00** | **14.15-15.00** |  |
| вода | **15.00-15.45** | **15.00-15.45** | **15.00-15.45** | **15.00-15.45** | **15.00-15.45** |  |
| **ГНП-1**  **(6 час.)** | зал |  |  |  |  |  |  |
| вода | **15.45-16.30** | **15.45-16.30** | **15.45-16.30** | **15.45-16.30** | **15.45-16.30** | **16.30-17.15** |
| 2. | **Мантак А.С.** | **УТГ-4**  **(14 час.)** | зал | **08.15-09.00** | **08.15-09.00** | **08.15-09.00** |  | **08.15-09.00** |  |
| вода | **09.00-10.30** | **09.00-10.30** | **09.00-10.30** |  | **09.00-10.30** | **15.45-17.15** |
| **УТГ-3**  **(12 час.)** | зал | **14.15-15.00** | **14.15-15.00** | **14.15-15.00** | **14.15-15.00** | **14.15-15.00** |  |
| вода | **15.00-15.45** | **15.00-15.45** | **15.00-15.45** | **15.00-15.45** | **15.00-15.45** | **14.15-15.45** |
| **УТГ-1**  **(10 час.)** | зал | **15.45-16.30** | **15.45-16.30** | **15.45-16.30** | **15.45-16.30** | **15.45-16.30** |  |
| вода | **16.30-17.15** | **16.30-17.15** | **16.30-17.15** | **16.30-17.15** | **16.30-17.15** |  |
| 3. | **Кобзев Ю.Е.** | **УТГ-5**  **(14 час.)** | зал | **14.15-15.00** | **14.15-15.00** | **14.15-15.00** | **14.15-15.00** | **14.15-15.00** |  |
| вода | **15.00-15.45** | **15.00-15.45** | **15.00-15.45** | **15.00-15.45** | **15.00-15.45** | **14.15-17.15** |
| **УТГ-1**  **(10 час.)** | зал | **08.15-09.00** | **08.15-09.00** | **08.15-09.00** | **08.15-09.00** | **08.15-09.00** |  |
| вода | **09.00-09.45** | **09.00-09.45** | **09.00-09.45** | **09.00-09.45** | **09.00-09.45** |  |
| **ГНП-2**  **(9 час.)** | зал | **15.45-16.30** |  | **15.45-16.30** | **15.45-16.30** | **15.45-16.30** |  |
| вода | **16.30-17.15** | **15.45-16.30** | **16.30-17.15** | **16.30-17.15** | **16.30-18.00** |  |
| **ГНП-1**  **(6 час.)** | зал |  | **16.30-17.15** |  |  |  |  |
| вода | **17.15-18.00** | **17.15-18.00** | **17.15-18.00** | **17.15-18.00** | **17.15-18.00** |  |
| 4. | **Русских С.В.** | **ГНП-3**  **(9 час.)** | зал | **8.15-9.00** |  | **8.15-9.00** |  |  |  |
| вода | **9.00-10.30** |  | **9.00-10.30** |  | **8.15-9.00** | **14.15-15.45** |
| **ГНП-3**  **(9 час.)** | зал |  | **8.15-9.00** |  | **8.15-9.00** |  |  |
| вода |  | **9.00-10.30** |  | **9.00-10.30** | **9.00-10.30** | **15.45-16.30** |
| **ГНП-2**  **(9 час.)** | зал | **14.15-15.00** | **14.15-15.00** | **14.15-15.00** |  | **14.15-15.00** |  |
| вода | **15.00-15.45** | **15.00-15.45** | **15.00-15.45** | **15.00-15.45** | **15.00-15.45** |  |
| **ГНП-2**  **(9 час.)** | зал | **15.45-16.30** | **15.45-16.30** | **15.45-16.30** |  | **15.45-16.30** |  |
| вода | **16.30-17.15** | **16.30-17.15** | **16.30-17.15** | **15.45-16.30** | **16.30-17.15** |  |

***Прыжки в воду***

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| ***№ п/п*** | ***Ф.И.О.*** | ***Группы*** | ***Место занятий*** | ***Понедельник*** | ***Вторник*** | ***Среда*** | ***Четверг*** | ***Пятница*** | ***Суббота*** |
| **1.** | **Пирожков Ю.В.** | **ГСС-2**  **(18 час.)** | зал | **08.15-09.45** | **08.15-09.45** | **08.15-09.45** | **08.15-09.45** | **08.15-09.45** |  |
| вода | **09.45-11.15** | **09.45-10.30** | **09.45-11.15** | **09.45-10.30** | **09.45-11.15** |  |
| **ВСМ**  **(24 час.)** | зал | **15.30-16.30**  **18.00-18.30** | **15.30-16.30**  **18.00-18.30** | **15.30-16.30**  **18.00-18.30** | **15.30-16.30**  **18.00-18.30** | **15.30-16.30**  **18.00-18.30** | **15.30-16.30**  **18.00-18.30** |
| вода | **16.30-18.00** | **16.30-18.00** | **16.30-18.00** | **16.30-18.00** | **16.30-18.00** | **16.30-18.00** |
| **2.** | **Янковицкий А.В.** | **УТГ-5**  **(18 час.)** | зал | **15.45-16.30** | **15.45-16.30** | **15.45-16.30** | **15.45-16.30** | **15.45-16.30** |  |
| вода | **16.30-18.45** | **16.30-18.00** | **16.30-18.45** | **16.30-18.00** | **16.30-18.45** |  |
| **УТГ-4**  **(18 час.)** | зал | **08.15-09.45** | **09.00-09.45** | **08.15-09.45** | **09.00-09.45** | **08.15-09.45** |  |
| вода | **09.45-11.15** | **09.45-11.15** | **09.45-11.15** | **09.45-11.15** | **09.45-11.15** |  |
| **3.** | **Харламов А.Е.** | **УТГ -4**  **(15 час.)** | зал | **14.15-15.00** | **14.15-15.00** | **14.15-15.00** |  | **14.15-15.00** | **16.45-17.30** |
| вода | **15.00-16.30** | **15.00-16.30** | **15.00-16.30** |  | **15.00-16.30** | **17.30-18.00** |
| **УТГ-2**  **(12 час.)** | зал | **9.00-9.45** | **9.00-9.45** | **9.00-9.45** |  | **9.00-9.45** |  |
| вода | **9.45-11.15** | **9.45-11.15** | **9.45-11.15** |  | **9.45-11.15** |  |
| **ГНП-3**  **(9 час.)** | зал | **16.30-17.15** |  | **16.30-17.15** |  | **16.30-17.15** |  |
| вода | **17.15-18.45** |  | **17.15-18.45** |  | **17.15-18.45** |  |
| **4.** | **Недосекина О.И.** | **УТГ-5**  **(18 час.)** | зал | **15.00-15.45** | **15.00-15.45** | **15.00-15.45** | **15.00-15.45** | **15.00-15.45** | **15.45-16.30** |
| вода | **15.45-17.15** | **15.45-17.15** | **15.45-17.15** | **15.45-17.15** | **15.45-17.15** | **16.30-18.00** |
| **ГНП-2**  **(9 час.)** |  |  |  |  |  |  |  |
| зал | **9.00-9.45** | **9.00-9.45** |  | **9.00-9.45** |  |  |
| вода | **9.45-11.15** | **9.45-11.15** |  | **9.45-11.15** |  |  |
| **5.** | **Ивашина Л.А.** | **ГНП-3**  **(9 час.)** | зал | **15.45-17.15** |  | **15.45-17.15** |  | **15.45-17.15** |  |
| вода | **15.00-15.45** |  | **15.00-15.45** |  | **15.00-15.45** |  |
| **ГНП-2**  **(9 час.)** | зал | **09.00-09.45** |  | **09.00-09.45** |  | **09.00-09.45** |  |
| вода | **09.45-11.15** |  | **09.45-11.15** |  | **09.45-11.15** |  |
| **ГНП-1**  **(6 час.)** | зал | **17.15-18.00** |  | **17.15-18.00** |  | **17.15-18.00** |  |
| вода | **18.00-18.45** |  | **18.00-18.45** |  | **18.00-18.45** |  |

***Плавание***

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| ***№ п/п*** | ***Ф.И.О.*** | ***Группы*** | ***Место занятий*** | ***Понедельник*** | ***Вторник*** | ***Среда*** | ***Четверг*** | ***Пятница*** | ***Суббота*** |
| **1.** | **Сосновская С.Ю.** | **УТГ -5**  **(15 час.)** | зал | **19.30-20.15** | **19.30-20.15** | **19.30-20.15** | **19.30-20.15** | **19.30-20.15** |  |
| вода | **18.00-19.30** | **18.00-19.30** | **18.00-19.30** | **18.00-19.30** | **18.00-19.30** |  |
| **УТГ -5**  **(15 час.)** | зал | **15.45-16.30** | **15.45-16.30** | **15.45-16.30** | **15.45-16.30** | **15.45-16.30** |  |
| вода | **16.30 - 18.00** | **16.30 - 18.00** | **16.30 - 18.00** | **16.30 - 18.00** | **16.30 - 18.00** |  |
| **УТГ -4**  **(15 час.)** | зал | **9.00-9.45** | **9.00-9.45** | **9.00-9.45** | **9.00-9.45** | **9.00-9.45** |  |
| вода | **07.30-9.00** | **07.30-9.00** | **07.30-9.00** | **07.30-9.00** | **07.30-09.00** |  |

***Подводный спорт***

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| ***№ п/п*** | ***Ф.И.О.*** | ***Группы*** | ***Место занятий*** | ***Понедельник*** | ***Вторник*** | ***Среда*** | ***Четверг*** | ***Пятница*** | ***Суббота*** |
| **1.** | **Акулов С.С.** | **ГСС -2**  **(20 час.)** | зал | **16.30-18.00** | **16.30-18.00** | **16.30-18.00** | **16.30-18.00** | **16.30-18.00** |  |
| вода | **18.00-19.30** | **18.00-19.30** | **18.00-19.30** | **18.00-19.30** | **18.00-19.30** |  |
| **ГСС -1**  **(18 час.)** | зал | **9.00-10.30** | **9.00-9.45** | **9.00-10.30** | **9.00-9.45** | **9.00-10.30** |  |
| вода | **7.30-9.00** | **7.30-9.00** | **7.30-9.00** | **7.30-9.00** | **7.30-9.00** |  |
| **2.** | **Данилова Е.В.** | **УТГ -1**  **(12 час.)** | зал |  |  |  |  |  |  |
| вода | **18.45-19.30** |  | **18.45-19.30** |  |  |  |
| **ГНП-3**  **(9 час.)** | зал |  | **19.30-20.15** |  | **19.30-20.15** | **17.15-18.00** |  |
| вода |  | **18.00-19.30** |  | **18.00-19.30** | **18.00-18.45** |  |
| **ГНП-2**  **(9 час.)** | зал | **9.00-10.30** |  | **9.00-10.30** |  | **9.00-10.30** |  |
| вода | **8.15-9.00** |  | **8.15-9.00** |  | **8.15-9.00** |  |
| **ГНП-1**  **(6 час.)** | зал | **19.30-20.15** |  | **19.30-20.15** |  | **19.30-20.15** |  |
| вода | **18.45-19.30** |  | **18.45-19.30** |  | **18.45-19.30** |  |
|  | **Аракелян Г.Л.** | **УТГ -1**  **(12 час.)** | зал |  | **8.15-9.45** |  | **8.15-9.45** |  |  |
| **3.** | вода | **7.30-9.00** | **7.30-8.15** | **7.30-9.00** | **7.30-8.15** | **7.30-9.00** |  |
|  | **ГНП -3**  **(9 час.)** | зал |  | **17.15-18.00** |  | **17.15-18.00** |  | **17.15-18.00** |
|  |  | вода |  | **18.00-19.30** |  | **18.00-19.30** |  | **18.00-19.30** |

Плавательный бассейн «Ариант»

*отделение: плавание*

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| ***№ п/п*** | ***Ф.И.О.*** | ***Группы*** | ***Место занятий*** | ***Понедельник*** | ***Вторник*** | ***Среда*** | ***Четверг*** | ***Пятница*** | ***Суббота*** |
| **1.** | **Новикова Т.В.** | **УТГ-4**  **(16 час.)** | зал | **13.00-14.15** | **13.00-14.15** | **14.15-15.00** | **13.00-14.15** | **13.00-14.15** | **14.15-15.00** |
| вода | **14.15-15.45** | **14.15-15.45** | **15.00-15.45** | **14.15-15.45** | **14.15-15.45** | **15.00-15.45** |
| **ВСМ**  **ГСС-3**  **(24 час.)** | зал | **07.30-08.15** | **17.15-18.00** | **07.30-08.15** | **17.15-18.00** | **7.30-08.15** | **8.00-9.30** |
| вода | **08.15 – 09.00**  **15.45 – 17.15** | **08.15 – 09.00**  **15.45 – 17.15** | **08.15 – 09.00**  **15.45 – 17.15** | **08.15 – 09.00**  **15.45 – 17.15** | **08.15 – 09.00**  **15.45 – 17.15** | **15.45 – 17.15** |
| **2.** | **Яковенко Г.Ю.** | **УТГ-3**  **(16 час.)** | зал | **07.30-08.15** | **07.30-08.15** | **07.30-08.15** | **07.30-08.15** | **07.30-08.15** |  |
| вода | **08.15-09.45** | **08.15-09.45** | **08.15-09.45** | **08.15-09.45** | **08.15-10.30** |  |
| **УТГ-1**  **(12 час.)** | зал | **15.00-15.45** | **15.00-15.45** | **15.00-15.45** | **15.00-15.45** |  |  |
| вода | **15.45-16.30** | **15.45-16.30** | **15.45-16.30** | **15.45-16.30** | **15.00-16.30** | **14.15-15.45** |
| **УТГ-1**  **(12 час.)** | зал |  | **17.15-18.00** | **18.00-18.45** | **17.15-18.00** | **18.00-18.45** |  |
| вода | **16.30-18.00** | **16.30-17.15** | **16.30-18.00** | **16.30-17.15** | **16.30-18.00** |  |

*отделение: подводный спорт*

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| ***№ п/п*** | ***Ф.И.О.*** | ***Группы*** | ***Место занятий*** | ***Понедельник*** | ***Вторник*** | ***Среда*** | ***Четверг*** | ***Пятница*** | ***Суббота*** |
| **1.** | **Богданов Е.Т.** | **УТГ -5**  **(18 час.)** | зал | **07.30 – 08.15** | **07.30 – 08.15** | **07.30 – 08.15** | **07.30 – 08.15** | **07.30 – 08.15** | **07.30 – 08.15** |
| вода | **08.15 – 09.45** | **08.15 – 09.45** | **08.15 – 09.45** | **08.15 – 09.45** | **08.15 – 09.45** | **08.15 – 09.45** |
| **УТГ -4**  **(18 час.)** | зал | **16.30 – 17.15** | **16.30 – 17.15** | **16.30 – 17.15** | **16.30 – 17.15** | **16.30 – 17.15** | **16.30 – 17.15** |
| вода | **17.15 – 18.45** | **17.15– 18.45** | **17.15 – 18.45** | **17.15 – 18.45** | **17.15 – 18.45** | **17.15 – 18.45** |
| **2.** | **Истомина А.Т.** | **УТГ -2**  **(12 час.)** | зал | **07.30-08.15** | **07.30-08.15** | **07.30-08.15** |  | **07.30-08.15** |  |
| вода | **08.15-09.45** | **08.15-09.45** | **08.15-09.45** |  | **08.15-09.45** |  |
| **ГНП-3**  **(9 час.)** | зал | **18.45-19.30** | **18.45-19.30** | **18.45-19.30** |  | **18.45-19.30** |  |
| вода | **18.00-18.45** | **18.00-18.45** | **18.00-18.45** | **18.00-18.45** | **18.00-18.45** |  |
| **ГНП-2**  **(9 час.)** | зал | **15.00-15.45** |  | **15.00-15.45** | **16.30-17.15** |  |  |
| вода | **15.45-16.30** | **17.15-18.00** | **15.45-16.30** | **17.15-18.00** | **15.45-17.15** |  |
| **ГНП-1**  **(6 час.)** | зал | **16.30-17.15** |  | **16.30-17.15** |  | **16.30-17.15** |  |
| вода | **17.15-18.00** |  | **17.15-18.00** |  | **17.15-18.00** |  |
| **3.** | **Довнар А.Ю.** | **УТГ-3**  **(14 час.)** | зал | **18.45-19.30** | **18.45-19.30** | **18.45-19.30** | **18.00-18.45** | **18.45-19.30** |  |
| вода | **17.15-18.45** | **17.15-18.45** | **17.15-18.45** | **17.15-18.00** | **17.15-18.45** |  |
| **ГНП-3**  **(9 час.)** | зал | **15.45-16.30** | **15.45-16.30** | **15.45-16.30** | **15.45-16.30** | **15.45-16.30** |  |
| вода | **16.30-17.15** | **16.30-17.15** | **16.30-17.15** | **16.30-17.15** | **16.30-17.15** |  |
| **ГНП-2**  **(9 час.)** | зал | **09.00-09.45** | **09.00-09.45** | **09.00-09.45** |  | **09.00-09.45** |  |
| вода | **08.15-09.00** | **08.15-09.00** | **08.15-09.00** | **08.15-09.00** | **08.15-09.00** |  |
|  |  | **ГНП -2** | зал | **14.15-15.00** | **14.15-15.00** | **14.15-15.00** |  | **14.15-15.00** |  |
|  |  | **(9 час.)** | вода | **15.00-15.45** | **15.00-15.45** | **15.00-15.45** | **15.00-15.45** | **15.00-15.45** |  |