

**TRAININGSROOSTER ACO-VanElderen.**

WINTERSEIZOEN 2017/2018

**30-10-2017 t/m 31-3-2018**

VAKANTIE:PUPILLEN/JUNIOREN:

**KERSTVAK 23-12-2017 t/m 7-1-2018**

**VOORJRVAK 24-2-2018 t/m 4-3-2018**

De buiten-trainingen vinden plaats op onze accommodatie op het sportpark "WESTBROEK",  
en de zaaltrainingen in de gymzalen : "de Maat" , "de Slaeghen" .

| Groep:                               | Train(st)er:  | Maandag   | Dinsdag               | Woensdag                            | Dond.dag                | Vrijdag                                 | Zaterdag   |
|--------------------------------------|---|---|-----------------------|-------------------------------------|-------------------------|---|------------|
| <u>NORDIC WALKING</u>                | HENK  |   |                       |                                     |                         |   | 9.00/10.30 |
| <u>SPORT. WANDELEN</u>               | HENK  |   | 15.30/16.30           |                                     |                         |   |            |
| <u>TRIMGROEP</u>                     | YVONNE  | 9.00/10.00  |                       |                                     |                         |   |            |
| <u>ACO-plus</u>                      | WILMA   |   |                       |                                     |                         | <u>Zaal de Slaeghen:</u><br>10.30/12.30 |            |
| <u>PUPIL-1 , ( Mini + C+ B-pup.)</u> | JARI  | 18.00/19.00   |                       |                                     |                         | JARI                                    |            |
| <u>PUPIL-2 , (A-pup.)</u>            | LARS  | 18.00/19.00   |                       | 18.00/19.00                         |                         | Extra training :<br>18.00-19.00         |            |
| <u>JUNIOR-1 (D1.)</u>                | SANDRA  | 18.15/19.45   |                       | 18.15/19.45<br>(looptr.)            | 18.15/19.45             |   |            |
| <u>JUNIOR-1 (D2.)</u>                | MIRNA   |   | 18.00/19.30           |                                     | 18.00/19.30             |   |            |
| <u>JUNIOR-2 ( ABC-jun. + Sen.)</u>   | JARI / ILONA  | 19.00/20.30<br>( Jari)  |                       |                                     | 19.00/20.30<br>( Ilona) |   |            |
| <u>LOOPGROEPEN</u>                   | ALIE/HENK/YVONNE                                      | 19.30/21.00<br>( Alie )                                       | 19.30/21.00<br>(Henk) | 19.00/20.30<br>(Yvonne)             |                         |   |            |
| <u>SELEKTIE : LANG</u>               | RUDY  |   | 19.30/21.00           |                                     | 19.30/21.00             |   |            |
| <u>SELEKTIE : SPRINT / MILA</u>      | COR   | 19.30/21.30   |                       | 19.00/20.30                         | 19.30/21.30             |   |            |
| <u>COND.TRAINING</u>                 | COR   |   |                       | <u>Zaal de Maat:</u><br>21.00/22.00 |                         |   |            |
| <u>Zaaladressen:</u>                 | <u>Sporthal "de Slaeghen"</u><br>Slagenweg 1<br>Ommen | <u>Gymzaal "de Maat"</u><br>Baron v. Fridaghstr. 137<br>Ommen |                       |                                     |                         |   |            |

