TVIRTINU

Direktoriaus pavaduotoja ūkiui,

l.a. direktoriaus pareigas

Kristina Labanauskienė

2021- 2

MARIJAMPOLĖS SPORTO CENTRO TRENERIŲ 2021-2022 M.M. TRENIRUOČIŲ TVARKARAŠTIS

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Vardas , pavardė | Darbo vieta | Sporto  grupė | Savaitinės val./  kontaktinės val./  nekontaktinės val. | Pirmadienis | Antradienis | Trečiadienis | Ketvirtadienis | Penktadienis | Šeštadienis |
| Dalia Kadūnienė  I trenerio kategorija  Plaukimas | Jaunimo g.8 | 1 PR | 4/3/1 | 11.00 – 11.30 n.val.  13.00 – 14.00 k.val. |  | 11.00 – 11.30 n.val.  13.00 – 14.00 k.val. |  | 13.00 – 14.15 k.val. |  |
| 1 MU | 8/6/2 | 11.30-12.00 n.val.  14.00- 15.30 k.val | 11.30-12.00 n.val.  14.00- 15.30 k.val | 11.30-12.00 n.val.  14.00- 15.30 k.val | 11.30-12.00 n.val.  14.00- 15.30 k.val |  |  |
| 2 MU | 6/4,30/1.30 | 12.00 – 12.30 n.val  15.30-16.30 k.val. | 12.00 – 12.15 n.val  15.30 - 16.30 k.val. | 12.00 – 12.15 n.val  15.30 - 16.30 k.val. | 12.00 – 12.15 n.val  15.30 - 16.30 k.val. | 12.00 – 12.15 n.val  15.30 - 16.00 k.val. |  |
| 4 MU | 6/4,30/1.30 | 12.30 – 13.00 n.val.  16.30 – 17.30 k.val. | 12.15 – 12.30 n.val.  16.30 – 17.30 k.val. | 12.15 – 12.30 n.val.  16.30 – 17.30 k.val. | 12.15 – 12.30 n.val.  16.30 – 17.30 k.val. | 12.15 – 12.30 n.val.  16.00 – 16.30 k.val. |  |
| 5 MU | 6/4,30/1.30 | 17.30 – 18.30 k.val.  19.30 – 20.00 n.val. | 12.30 – 12.45 n.val.  17.30 – 18.30 k.val. | 12.30 – 12.45 n.val.  17.30 – 18.30 k.val. | 12.30 – 12.45 n.val.  17.30 – 18.30 k.val. | 12.30 – 12.45 n.val.  16.30 – 17.00 k.val. |  |
| 2 MT | 6/4,30/1.30 | 18.30 – 19.30 k.val.  20.00 – 20.30 n.val. | 12.45 – 13.00 n.val.  18.30 – 19.30 k.val. | 12.45 – 13.00 n.val.  18.30 – 19.30 k.val | 12.45 – 13.00 n.val.  18.30 – 19.30 k.val | 12.45 – 13.00 n.val.  17.00 – 17.30 k.val |  |
| Aurimas Kadūnas  II trenerio kategorija  Plaukimas | Jaunimo g.8 | 1 MU | 2/1,30/0,30 |  |  |  |  | 11.00 – 11.30 n.val.  14.00 – 15.30 k.val |  |
| 2 MU | 4/3/1 | 11.00 – 11.15 n.val.  15.00 – 15.45 k.val | 11.00 – 11.15 n.val.  15.00 – 15.45 k.val | 11.00 – 11.15 n.val.  15.00 – 15.45 k.val | 11.00 – 11.15 n.val.  15.00 – 15.45 k.val |  |  |
| 4 MU | 8/6/2 | 11.15 – 11.45 n.val.  15.45 – 16.30 k.val. | 6.00 – 7.30 k.val.  11.15 - 11.45 n.val. | 11.15 – 11.45 n.val.  15.45 – 16.30 k.val. | 11.15 – 11.45 n.val.  15.45 – 16.30 k.val. | 15.30 – 16.15 k.val. | 10.30-11.30 k.val. |
| 5 MU | 8/6/2 | 11.45 – 12.00 n.val.  16.30 – 17.15 k.val. |  | 11.45 – 12.00 n.val.  16.30 – 17.15 k.val. | 6.00 – 7.30 k.val.  11.45 – 12.00 n.val.  16.30 – 17.15 k.val. | 11.45 – 12.00 n.val.  16.15 – 17.00 k.val. | 9.00 – 10.30 k.val. |
| 2 MT | 14/10,30/3,30 | 12.00 – 13.00 n.val.  17.15 – 19.15 k.val. | 12.00 – 13.00 n.val.  17.15 – 18.15 k.val. | 6.00 – 7.30 k.val.  12.00 – 13.00 n.val.  17.15 – 18.15 k.val. | 12.00 – 13.30 n.val.  17.15 – 18.15 k.val. | 6.00 – 7.30 k.val.  12.00 – 13.00 n.val.  17.15 – 18.15 k.val. | 7.45 – 9.15 k.val. |
| Dalia Sagaitienė  I trenerio kategorija  Plaukimas | Jaunimo g.8 | 1 PR | 6/4.30/1.30 | 14.00 – 15.00 k.val.  10.00 – 10.30 n.val.  . | 14.00 – 14.45 k.val.  10.00 – 10.30 n.val.  . | 14.00– 14.45 k.val. | 14.00 -15.00 k.val.  13.00-13.30 n.val. | 14.00 -15.00 k.val. |  |
| 2 MU | 12/9/3 | 10.30 -11.00 n.val.  15.00 – 16.30 k.val. | 10.30 -11.00n.val.  14.45 – 16.15 k.val. | 10.30 -11.00 n.val.  14.45 – 16.15 k.val. | 13.30 -14.00 n.val.  15.00 -16.30 k.val. | 10.30 -11.00 n.val.  15.00 – 16.30 k.val. | 8.00 – 9.00 k.val.  10.30 – 11.00 n.val. |
| 5 MU | 14/10.30/3.30 | 16.30 – 19.00 k.val.  19.00 – 19.45 n.val. | 16.15 – 18.30 k.val.  19.00 – 19.45 n.val. | 16.15- 18.30 k.val.  18.15 – 18.45 n.val. | 16.30– 19.00 k.val.  19.00 – 19.45 n.val. | 16.30 – 18.00 k.val.  19.00 – 19.45 n.val. |  |
| Edvardas Kedys  Plaukimas | Jaunimo g.8 | 1 PR | 4/3/1 | 10.00-10.30 n.val.  13.30 -15.00 k.val. |  | 10.00-10.30 n.val  13.30 – 15.00 k.val. |  |  |  |
| 2 PR | 4/3/1 |  | 13.30 -14.30 k.val. |  | 13.30 -14.30 k.val. |  | 9.00 – 10.00 k.val.  11.30- 12.30 n.val. |
| 2 PR | 8/6/2 | 10.30 – 11.00 n.val.  15.00 – 16.00 k.val. | 10.30 -11.00 n. val.  14.30 – 16.00 k.val. | 10.30 – 11.00 n.val.  15.00 – 16.00 k.val | 14.30 – 16.00 k.val. |  | 10.00 – 11.00 k.val.  11.00 – 11.30 n.val. |
| 1 MU | 10/7.30/2.30 | 11.00 – 11.30 n.val.  16.00 – 17.30 k.val. | 11.00 – 11.30 n.val.  16.00 – 17.30 k.val. | 11.00 – 11.30 n.val.  16.00 – 17.30 k.val. | 11.00 – 11.30 n.val.  16.00 – 17.30 k.val. | 16.00 -17.30 k.val. | 11.30 – 12.00 n.val. |