

# Opening hours 2020

## MONDAY

12:00 - 13:30	Swimming for babies and toddlers (0 to 4 years)
12:00 - 13:00	Lane swimming
14:30 - 15:30	Lane swimming
15:45 - 18:45	Swimming lessons
18:00 - 19:00	Recreational swimming
20:30 - 22:00	Swimming for pregnant women
20:30 - 21:00	Swimming lessons for adults
21:00 - 22:00	Swim Training
21:00 - 22:00	Lane swimming

## TUESDAY

07:00 - 08:30	Lane swimming
08:30 - 09:30	Swimming for pregnant women
08:30 - 09:30	Fysiofit
09:00 - 09:30	Water adjustment for little children (3,5 to 4 years)
09:30 - 11:00	Swimming for babies and toddlers (0 to 4 years)
11:30 - 13:00	Recreational swimming
14:00 - 15:15	Swimming for seniors
15:45 - 18:45	Swimming lessons
18:00 - 18:45	Mermaid swimming lesson
19:00 - 19:30	Swimming lessons for adults
19:30 - 20:30	Lane swimming
20:30 - 21:15	Aquarobics
21:15 - 22:15	Recreational swimming

## WEDNESDAY

08:30 - 09:00	Swimming lessons for adults
09:00 - 09:30	Water adjustment for little children (3,5 to 4 years)
09:00 - 10:00	Aqua vital
09:00 - 10:00	Recreational swimming
12:00 - 13:00	Swimming for babies and toddlers (0 to 4 years)
12:00 - 13:00	Lane swimming
13:00 - 15:00	Recreational swimming
15:00 - 18:45	Swimming lessons
18:00 - 19:00	Recreational swimming
21:00 - 22:00	Swim training
21:00 - 22:00	Lane swimming

## THURSDAY

07:00 - 08:30	Lane swimming
12:00 - 13:00	Swimming for babies and toddlers (0 to 4 years)
12:00 - 13:00	Lane swimming
14:45 - 15:45	Lane swimming
15:45 - 18:00	Swimming lessons
18:00 - 18:45	Mermaid swimming lesson
18:00 - 19:30	Swimming for babies and toddlers (0 to 4 years)
18:00 - 19:30	Lane swimming
19:30 - 20:15	Aqua Power
20:15 - 21:00	Aqua Circle
21:00 - 22:00	Lane swimming

# Opening hours 2020

**ZEVENKAMPSE RING**  
**SPORTFONDSEN**

## **FRIDAY**

09:00 - 09:30 Water adjustment for little children (3,5 to 4 years)  
09:00 - 10:30 Swimming for seniors  
09:00 - 10:30 Recreational swimming  
15:45 - 19:30 Swimming lessons  
18:45 - 19:30 Swimming skills lessons

## **SATURDAY**

08:00 - 11:45 Swimming lessons  
12:00 - 14:00 Recreational swimming

## **SUNDAY**

09:00 - 10:00 Lane swimming  
10:00 - 12:30 Family Swimming  
12:30 - 15:00 Recreational swimming

## **RECREATIECENTRUM ZEVENKAMPSE RING**

Zevenkampse Ring 301 | 3068 HG Rotterdam | T. 010 4552800

[zevenkamp@sportfondsen.nl](mailto:zevenkamp@sportfondsen.nl)

[www.zevenkampsering.nl](http://www.zevenkampsering.nl)