MANDAG

Idrettsbasseng

	08:00–09:00	09:00–10:00	10:00–11:00	11:00–12:00	12:00–13:00	13:00–14:00	14:00–15:00	15:00–16:00	16:00–17:00	17:00–18:00	18:00–19:00	19:00–20:00	20:00–20:45
Bane 8	Seiersten skole 08.20-10.30				Seiersten skole 12.15-14.25							Stupetårn stengt	
Bane 7													
Bane 6												DFI	
Bane 5												Bane 3-4 kl. 17.45-20.30	
Bane 4												Bane 5-6 kl. 19.00-20.30	
Bane 3													
Bane 2										Livredningsklubben	Bølgen Crawl		
Bane 1										17.45 -18.30	18.30-20.00		

Terapibasseng

	08:00–09:00	09:00–10:00	10:00–11:00	11:00–12:00	12:00–13:00	13:00–14:00	14:00–15:00	15:00–16:00	16:00–17:00	17:00–18:00	18:00–19:00	19:00–20:00	20:00–20:45
Bane 3		Bølgen	Bølgen										
Bane 2		Aqua-Dypvann	Aqua-HIT						DFI	Bølgen	Bølgen		
Bane 1		09.00-9.45	09.55-10.40						16.25-17.55	Baby-/småbarnsvømming	Aqua-Trim		
										18.00-19.15	19.30-20.15		

TIRSDAG

Idrettsbasseng

	06:15–08:00	08:00–09:00	09:00–10:00	10:00–11:00	11:00–12:00	12:00–13:00	13:00–14:00	14:00–15:00	15:00–16:00	16:00–17:00	17:00–18:00	18:00–19:00	19:00–20:45
Bane 8													
Bane 7											Stupetårn er stengt 17.00-19.30		
Bane 6													
Bane 5													
Bane 4										DFI			
Bane 3										Bane 1-4 kl. 16.00-21.00			
Bane 2										Bane 5 kl.17.00-19.30			
Bane 1													

Terapibasseng

	06:15–08:00	08:00–09:00	09:00–10:00	10:00–11:00	11:00–12:00	12:00–13:00	13:00–14:00	14:00–15:00	15:00–16:00	16:00–17:00	17:00–18:00	18:00–19:00	19:00–20:45
Bane 3		Bølgen										Bølgen	
Bane 2	160 cm dybde	Aqua-sirkel	Drøbak skole				DMS			DFI		Aqua-Hit	
Bane 1		08.30-09.15	09.15-10.15				13.00-14.00			16.25-19.25		19.30-20.15	

ONSDAG

Idrettsbasseng

	08:00–09:00	09:00–10:00	10:00–11:00	11:00–12:00	12:00–13:00	13:00–14:00	14:00–15:00	15:00–16:00	16:00–17:00	17:00–18:00	18:00–19:00	19:00–20:45
Bane 8					Dyrløkkeåsen skole					Livrednings-klubben		Stupetårn stengt
Bane 7					12.10-13.40					Bane 6-8: 17.15-19.00		
Bane 6										Bane 5: 18.00-19.00		DFI
Bane 5												19.00-20.00
Bane 4												
Bane 3												
Bane 2						DMU						
Bane 1						13.30-14.30						

Terapibasseng

	08:00–09:00	09:00–10:00	10:00–11:00	11:00–12:00	12:00–13:00	13:00–14:00	14:00–15:00	15:00–16:00	16:00–17:00	17:00–18:00	18:00–19:00	19:00–20:45
Bane 3												
Bane 2	Heer Skole/Dal skole	Bølgen			Bølgen				Bølgen		Bølgen	
Bane 1	08.45-10.25	Baby-/småbarnsvømming			Aqua-Hit				Baby-/småbarnsvømming		Aqua-Dypvann	
		10.30-12.30			12.45-13.35				17.00-19.15		19.20-20.05	

Vannsklia

	08:00–18:00	18:00–19:00	19:00–20:45
		Vannsklieklubben	
		18.00-19.00	

TORSDAG

Idrettsbasseng

	06:15–08:00	08:00–09:00	09:00–10:00	10:00–11:00	11:00–12:00	12:00–13:00	13:00–14:00	14:00–15:00	15:00–16:00	16:00–17:00	17:00–18:00	18:00–19:00	19:00–20:45
Bane 8													
Bane 7										Stupetårn stengt			
Bane 6													
Bane 5													
Bane 4										DFI			
Bane 3										Bane 1-4: 16.30-20.15			
Bane 2										Bane 5: 16.30-18.00			
Bane 1													

Terapibasseng

	06:15–08:00	08:00–09:00	09:00–10:00	10:00–11:00	11:00–12:00	12:00–13:00	13:00–14:00	14:00–15:00	15:00–16:00	16:00–17:00	17:00–18:00	18:00–19:00	19:00–20:45
Bane 3									Bølgen		Bølgen		
Bane 2	160 cm dybde		Dyrløkkeåsen skole		Sogsti skole				Aqua-trim	DFI	Baby-/småbarnsvømming		
Bane 1			09.00-10.15		12.00-14.00				15.30-16.15	16.25-16.55	17.00-19.15		

Bølgebasseng

	06:15–16:00	16:00–17:00	17:00–18:00	18:00–20:45
		DFI		
		17.00-17.30		

FREDAG

Idrettsbasseng

	08:00–09:00	09:00–10:00	10:00–11:00	11:00–12:00	12:00–13:00	13:00–14:00	14:00–15:00	15:00–16:00	16:00–17:00	17:00–18:00	18:00–19:00	19:00–20:45
Bane 8												
Bane 7												
Bane 6												
Bane 5												
Bane 4												
Bane 3									DFI			
Bane 2						Sogsti SFO			16.00-18.00			
Bane 1	DFI 08.00-10.00					14.00-15.00						

Terapibasseng

	08:00–09:00	09:00–10:00	10:00–11:00	11:00–12:00	12:00–13:00	13:00–14:00	14:00–15:00	15:00–16:00	16:00–17:00	17:00–18:00	18:00–19:00	19:00–20:45
Bane 3		Bølgen	Bølgen							Bølgen		
Bane 2		Aqua-Sterk	Aqua-Hit		Komm.barn/Regnbuen					Aqua-Pilates		
Bane 1		09.00-09.45	09.55-10.40		12.00-13.30					17.00-17.45		

Versjon 21. januar 2026
Endringer kan forekomme.
Planen oppdateres fortløpende, og vi tar forbehold om feil og mangler

LØRDAG og SØNDAG: Hvis annet ikke er oppgitt, er det ingen reservasjoner/organiserte aktivieter i bassengene disse dagene