***Jūrmalas Sporta skolas***

***Nodarbību saraksts 2017./2018. m. g.***

***Interešu izglītības programmas.***

***Estētiskā vingrošana***

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Nr.p.k | Trenera vārds,uzvārds | St. skaitsgrupa | PIRMDIENA | OTRDIENA | TREŠDIENA | CETURTDIENA | PIEKDIENA | SESTDIENA | SVĒTDIENA |
| 1. | **Demčenko N.** | 6 st.7-EST | 17.00- 19.00Sporta skola  |  |  | 17.00- 19.00Kauguru vsk  |  |  |  |

*VFS ar vieglatlētikas elementiem*

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Nr.p.k | Trenera vārds,uzvārds | St. skaitsgrupa | PIRMDIENA | OTRDIENA | TREŠDIENA | CETURTDIENA | PIEKDIENA | SESTDIENA | SVĒTDIENA |
| 3. |  **Titova J.** | 6 st.9 -V/A |  | 14.00-15.30Kauguru pamatskola |  |  | 14.00-15.30Kauguru pamatskola | 11.00-12.30Kauguru pamatskola |  |

*VFS ar mākslas vingrošanas elementiem*

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Nr.p.k | Trenera vārds,uzvārds | St. skaitsgrupa | PIRMDIENA | OTRDIENA | TREŠDIENA | CETURTDIENA | PIEKDIENA | SESTDIENA | SVĒTDIENA |
| 1. | **Petrova T.** | 6 st.4-M/V | 15.40-17.00Lielupes vsk |  |  | 17.00-18.20Lielupes vsk |  | 11.00-12.20Lielupes vsk |  |
| 2. | **Stepanova Z.** | 6 st. 5- M/V | 15.00-16.00Sporta skola |  |  |  | 17.00-19.00Sporta skola | 15.00-16.00Sporta skola |  |

*Volejbols*

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Nr.p.k | Trenera vārds,uzvārds | St. skaitsgrupa | PIRMDIENA | OTRDIENA | TREŠDIENA | CETURTDIENA | PIEKDIENA | SESTDIENA | SVĒTDIENA |
| 1. | **Bērziņš S.** | 7 st.3-V |  | 14.50-17.10Sporta skola |  |  | 14.50-17.10Sporta skola  |  |  |

*VFS - Sporta ABC*

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Nr.p.k | Trenera vārds,uzvārds | St. skaits | PIRMDIENA | OTRDIENA | TREŠDIENA | CETURTDIENA | PIEKDIENA | SESTDIENA | SVĒTDIENA |
| 1. | **Rozenšteine J.** | 7 st. 2-ABC |  |  |  |  | 16.00-18.00NRC”Vaivari” | 13.00-15.40NRC”Vaivari” |  |
| 2. | **Medvedeva I.** | 7 st.1-ABC |  | 14.30-16.10Baltic beach hotel |  | 14.30-16.10Baltic beach hotel |  | 12.00-13.20Dzintaru mežaparks,pludmale |  |

*Futbols*

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Nr.p.k | Trenera vārds, uzvārds | GrupaSt.sk. | PIRMDIENA | OTRDIENA | TREŠDIENA | CETURTDIENA | PIEKDIENA | SESTDIENA | SVĒTDIENA |
| 1. | **Poļakovs M.** | 5 st.10-FUT |  | 18.00-19.00Sporta skola |  | 18.00- 19.00Sporta skola  |  | 11.00- 12.20Sporta skola  |  |
| 2. | **Poļakovs M.** | 10 st.11-FUT | 17.40- 19.00Kauguru vsk. | 19.00- 20.00Slokas stadions |  | 19.00- 20.00Slokas stadions | 17.40- 19.00Slokas stadions | 12.20- 14.20Kauguru vsk. |  |
| 3. | **Družiņins V.** | 21st.14-FUT | 16.00-18.40Kauguru vsk. | 15.30-17.30Kauguru vsk. | 16.00-18.40Kauguru vsk. | 15.30-17.30Kauguru vsk. | 16.00-18.40Kauguru vsk. | 10.00- 12.00Kauguru vsk.2 st. |  |
| 5. | **Dmitrijevs A.** | 5 st.13-FUT |  | 19.00-20.00Slokas psk |  |  |  | 15.00-16.20Mezmalas vsk | 12.00-13.00Mezmalas vsk |
| 6. | **Dmitrijevs A.** | 6 st.12-FUT |  | 18.00-19.00Slokas psk |  |  | 18.30-19.30Slokas psk | 14.00-15.00Mezmalas vsk | 14.00-15.00Mezmalas vsk |

*Regbijs*

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Nr.p.k | Trenera vārds, uzvārds | GrupaSt.sk. | PIRMDIENA | OTRDIENA | TREŠDIENA | CETURTDIENA | PIEKDIENA | SESTDIENA | SVĒTDIENA |
| 1. | **Dzene S.** | 14 st.15-REG |  | 18.30-21.10Slokas stad. |  | 18.30-21.10Slokas stad. |  | 14.00-16.00Slokas stad. | 13.20-15.20Slokas stad. |
| 2. | **Strods G.** | 14 st.16-REG |  | 18.00-20.40Slokas stad. |  | 18.00-20.40Slokas stad. |  | 14.00-16.40 | 12.00-13.20Slokas stad. |

*Ritmika ar vispārattīstošiem un koriģējošās vingrošanas elementiem*

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Nr.p.k | Trenera vārds, uzvārds | GrupaSt.sk. | PIRMDIENA | OTRDIENA | TREŠDIENA | CETURTDIENA | PIEKDIENA | SESTDIENA | SVĒTDIENA |
| 1. | **Maculeviča N.** | 6 st.6-RITM |  | 9.00-11.00Sporta skola |  |  | 12.30-14.30Sporta skola |  |  |

*Peldēšana*

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Nr.p.k | Trenera vārds, uzvārds | GrupaSt.sk. | PIRMDIENA | OTRDIENA | TREŠDIENA | CETURTDIENA | PIEKDIENA | SESTDIENA | SVĒTDIENA |
| 1. | **Gosa S.** | 17-PELD1 |  |  | 9.20-10.00 |  |  |  |  |
| 2. | **Gosa S.** | 18-PELD1 | 10.00-10.40 |  |  |  |  |  |  |
| 3. | **Gosa S.** | 19-PELD1 | 12.40-13.20 |  |  |  |  |  |  |
| 4. | **Gosa S.** | 20-PELD1 | 13.20-14.00 |  |  |  |  |  |  |
| 5. | **Gosa S.** | 21-PELD1 | 10.00-10.401 st. |  |  |  |  |  |  |
| 6. | **Usovs L.** | 22-PELD1 |  |  |  |  |  | 9.00-9.40 |  |
| 7. | **Usovs L.** | 23-PELD1 |  |  |  |  |  | 11.40-12.20 |  |
| 8. | **Usovs L.** | 24-PELD1 |  |  |  |  |  | 12.20-13.00 |  |
| 9. | **Gosa S.** | 25-PELD2 | 16.40-17.20 |  | 16.40-17.20 |  |  |  |  |
| 10. | **Gosa S.** | 26-PELD2 | 9.20-10.00 |  |  |  | 9.20-10.00 |  |  |
| 11. | **Gosa S.** | 27-PELD2 | 10.40-11.20 |  |  |  | 10.00-10.40 |  |  |
| 12. | **Gosa S.** | 28-PELD2 | 11.20-12.00 |  |  |  | 10.40-11.20 |  |  |
| 13. | **Gosa S.** | 29-PELD2 |  |  | 12.40-13.20 |  | 12.40-13.20 |  |  |
| 14. | **Gosa S.** | 30-PELD2 |  |  | 12.00-12.40 |  | 12.00-12.40 |  |  |
| 15. | **Boitmane I.** | 31-PELD2 |  |  |  | 9.20-10.40 |  |  |  |
| 16. | **Boitmane I.** | 32-PELD2 |  |  |  | 10.40-12.00 |  |  |  |
| 17. | **Vidricka T.** | 33-PELD2 |  | 18.40-19.20 |  | 18.40-19.20 |  |  |  |
| 18. | **Vidricka T.** | 34-PELD2 |  | 18.00-18.40 |  | 18.00-18.40 |  |  |  |
| 19. | **Vidricka T.** | 35-PELD2 |  | 16.00-16.40 |  | 16.00-16.40 |  |  |  |
| 20. | **Žarinovs V.** | 36-PELD2 | 17.20-18.00 |  |  | 16.40-17.20 |  |  |  |
| 21. | **Žarinovs V.** | 37-PELD2 |  |  | 18.00-18.40 |  | 16.40-17.20 |  |  |
| 22. | **Otroško M.** | 38-PELD2 |  | 16.40-17.20 |  |  |  | 13.00-13.40 |  |
| 23. | **Otroško M.** | 39-PELD2 | 18.00-18.40 |  |  |  | 17.00-18.00 |  |  |
| 24. | **Gosa S.** | 40-PELD3 |  | 13.20-14.00 | 13.20-14.00 | 13.20-14.00 |  |  |  |
| 25. | **Kulmanakova N.** | 41-PELD3 |  | 15.00-16.20Belorusija |  |  | 15.00-15.40Belorusija |  |  |
| 26. | **Kulmanakova N.** | 42-PELD3 |  |  | 15.00-15.40Belorusija | 15.00-16.20Belorusija |  |  |  |
| 27. | **Kulmanakova N.** | 43-PELD3 | 15.20-16.00Belorusija |  | 15.20-16.00Belorusija |  |  | 14.20-15.00 |  |
| 28. | **Žarinovs V.** | 44-PELD3 |  | 16.00-16.40 |  | 16.00-16.40 | 16.00-16.40 |  |  |
| 29. | **Usovs L.** | 45-PELD3 | 18.40-19.20 |  | 19.20-20.00 |  | 19.20-20.00 |  |  |
| 30. | **Usovs L.** | 46-PELD3 | 19.20-20.00 |  |  |  | 18.00-18.40 | 9.40-10.20 |  |
| 31. | **Usovs L.** | 47-PELD3 |  |  | 18.40-19.20 | 19.20-20.00 |  | 10.20—11.00 |  |
| 32. | **Otroško M.** | 49-PELD4 | 19.20-20.00 | 19.20-20.00 | 18.40-19.20 | 19.20-20.00 |  |  |  |
| 33. | **Kulmanakova N.** | 51-PELD**6** | 16.20-17.00 Belorusija | 16.20-17.00Belorusija |  |  |  | 15.00-17.00 |  |
| 34. | **Žarinovs V.** | 52-PELD6 | 20.00-20.40 | 20.00-20.40 | 20.00-20.40 | 20.00-20.40 | 17.20-18.40 |  |  |