

**ADAPTAÇÃO AO MEIO AQUÁTICO**

**Bebés**

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| **Classe** | **Dias** | **Horas** | **Local** | **Prof.** |
| **Bebés Cavalo-marinho**  **9-12 Meses A** | **Sábado** | **09.30 – 10.00** | **P2** | **Nuno Amaral** |
| **Bebés Cavalo-marinho**  **9-12 Meses B** | **Sábado** | **10.30 – 11.00** | **P2** | **Nuno Amaral** |
| **Bebés Caranguejo**  **13 -24 Meses A** | **Sábado** | **10.00 – 10.30** | **P2** | **Nuno Amaral** |
| **Bebés Caranguejo**  **13 -24 Meses B** | **Sábado** | **11.00 – 11.30** | **P2** | **Nuno Amaral** |
| **Bebés Caranguejo**  **13 -24 Meses C** | **Sábado** | **09.00 – 09.30** | **P2** | **Nuno Amaral** |
| **Bebés Caranguejo**  **13 -24 Meses D** | **Sábado** | **11.30 – 12.00** | **P2** | **Nuno Amaral** |
| **Bebés Polvo A**  **25-36 Meses** | **Sexta-feira** | **18.30 – 19.00** | **P2** | **Nuno Amaral** |
| **Bebés Polvo B**  **25-36 Meses** | **Sábado** | **08.30 – 09.00** | **P2** | **Ana Catarina** |
| **Bebés Polvo C**  **25-36 Meses** | **Sábado** | **12.00 – 12.30** | **P2** | **Nuno Amaral** |
| **Bebés Polvo D**  **25-36 Meses** | **Sábado** | **12.30 – 13.00** | **P2** | **Nuno Amaral** |
| **Bebés Polvo E**  **25-36 Meses** | **Sexta-feira** | **16.30 - 17.00** | **P2** | **João Azevedo** |
| **Bebés Foca A**  **36-48 Meses** | **Sexta Feira** | **18.00 – 18.30** | **P2** | **João Azevedo** |
| **Bebés Foca B**  **36-48 Meses** | **Quinta-feira** | **18.00 – 18.30** | **P2** | **Anabela Cruz** |
| **Bebés Foca C**  **36-48 Meses** | **Quarta-Feira** | **19.30 – 20.00** | **P2** | **Anabela Cruz** |
| **Bebés Foca D**  **36-48 Meses** | **Sábado** | **09.00 – 09.30** | **P2** | **Ana Catarina** |
| **Bebés Foca E**  **36-48 Meses** | **Terça-feira** | **18.00 – 18.30** | **P2** | **João Azevedo** |
| **Bebés Foca F**  **36-48 Meses** | **Terça-feira** | **17.00 - 17.30** | **P2** | **João Azevedo** |
| **Bebés Foca G**  **36-48 Meses** | **Quinta-feira** | **18.30 – 19.00** | **P2** | **Nuno Amaral** |
| **Bebés Foca H**  **36-48 Meses** | **Terça-feira** | **18.30 - 19.00** | **P2** | **Nuno Amaral** |
| **Bebés Foca I**  **36-48 Meses** | **Sexta-feira** | **19.00 – 19.30** | **P2** | **Nuno Amaral** |

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| **Tartaruga A**  **4/5 Anos** | **Sábado** | **12.00 – 12.30** | **P2** | **Anabela Cruz** |
| **Tartaruga B**  **4/5 Anos** | **Quarta-Feira** | **17.30 – 18.00** | **P2** | **João Antunes** |
| **Tartaruga C**  **4/5 Anos** | **Quinta-Feira** | **17.00 – 17.30** | **P2** | **Helena Cabrita** |

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| **Tartaruga D**  **4/5 Anos** | **Sexta-feira** | **17.15 – 17.45** | **P2** | **Helena Cabrita** |
| **Tartaruga E**  **4/5 Anos** | **Sexta-feira** | **17.00 – 17.30** | **P2** | **João Azevedo** |
| **Tartaruga F**  **4/5 Anos** | **Terça-feira** | **17.00 - 17.30** | **P2** | **Helena Cabrita** |
| **Tartaruga G**  **4/5 Anos** | **Sábado** | **12.30 – 13.00** | **P2** | **Anabela Cruz** |
| **Tartaruga H**  **4/5 Anos** | **Terça-feira** | **16.30 - 17.00** | **P2** | **Helena Cabrita** |
| **Tartaruga I**  **4/5 Anos** | **Quinta-Feira** | **19.00 – 19.30** | **P2** | **Nuno Amaral** |
| **Tartaruga J**  **4/5 Anos** | **Sexta-feira** | **19.30 – 20.00** | **P2** | **Anabela Cruz** |
| **Tartaruga k**  **4/5 Anos** | **Segunda-feira** | **17.45 – 18.15** | **P2** | **Ana Catarina** |
| **Tartaruga L**  **4/5 Anos** | **Terça-feira** | **19.00 – 19.30** | **P2** | **Nuno Amaral** |
| **Tartaruga M**  **4/5 Anos** | **Sexta-feira** | **19.30 – 20.00** | **P2** | **Nuno Amaral** |

**Nível 0**

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| **Classe** | **Dias** | **Horas** | **Local** | **Prof.** |
| **0+Velhos** | **Segunda e Sexta** | **19.30 – 20.00**  **20.00 – 20.30** | **P2** | **Anabela Cruz** |
| **0A** | **Segunda e Quarta** | **19.00 – 19.30** | **P2** | **Emanuel Domingos** |
| **0B** | **Terça e Quinta** | **16.30 – 17.00** | **P2** | **Pedro Tomé** |
| **0C** | **Segunda e Quarta** | **18.45 – 19.15** | **P2** | **Pedro Tomé** |
| **0D** | **Segunda e Quarta** | **18.15 – 18.45** | **P2** | **Pedro Tomé** |
| **0E** | **Terça e Sexta** | **17.30 – 18.00** | **P2** | **João Azevedo** |
| **0F** | **Segunda e Quinta** | **17.30 – 18.00** | **P2** | **João Santos** |
| **0G** | **Segunda e Quarta** | **18.00 – 18.30** | **P2** | **João Antunes** |
| **0H** | **Terça e Quinta** | **17.30 – 18.00** | **P2** | **Paulo Sousa** |
| **0I** | **Terça e Quinta** | **19.00 – 19.30** | **P2** | **Ana Catarina** |

## Nível 1

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| **Classe** | **Dias** | **Horas** | **Local** | **Prof.** |
| **1A** | **Terça e Sexta** | **18.30 – 19.10** | **P1 ou P3**  **P2** | **João Azevedo** |
| **1B** | **Terça e Quinta** | **17.20 – 18.00** | **P1/P2** | **Ana Catarina** |
| **1C** | **Segunda e Quinta** | **17.10 – 17.50** | **P2 ou P3** | **João Antunes** |
| **1D** | **Terça e Sexta** | **19.10 – 19.50** | **P2, P3 ou P1** | **João Azevedo** |
| **1E** | **Terça e Quinta** | **18.45 – 19.25** | **P2 ou P3** | **Anabela Cruz** |
| **1F** | **Terça e Quinta** | **19.25 – 20.05** | **P1/P2** | **Anabela Cruz** |
| **1G** | **Terça e Quinta** | **18.00 – 18.40** | **P1/P3** | **Ana Catarina** |
| **1H** | **Segunda e Quinta** | **16.30 – 17.10** | **P1/P3** | **João Antunes** |
| **1I** | **Segunda e Quinta** | **16.40 – 17.20** | **P1/P3** | **João Santos** |
| **1J** | **Quarta**  **Sábado** | **18.10 – 18.50**  **10.20 – 11.00** | **P1/P3** | **Ricardo Gonçalves** |
| **1L** | **Terça e Sexta** | **19.50 – 20.30** | **P1/P3** | **João Azevedo** |

**Nível 2**

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| **Classe** | **Dias** | **Horas** | **Local** | **Prof.** |
| **2 A** | **Quarta e Sexta** | **18.00 – 18.40** | **P1** | **Ana Catarina** |
| **2 B** | **Terça e Quinta** | **18.00 – 18.40** | **P1** | **Pedro Sequeira** |
| **2 C** | **Terça e Quinta** | **17.20 – 18.00** | **P1** | **Pedro Sequeira** |
| **2 D** | **Terça e Quinta** | **17.10 – 17.50** | **P1** | **Pedro Tomé** |
| **2 E** | **Segunda e Quarta** | **18.40 – 19.20** | **P3/P1** | **Paulo Sousa** |
| **2 F** | **Terça e Sexta** | **18.40 – 19.20** | **P1** | **Ricardo Gonçalves** |
| **2 G** | **Segunda**  **Sábado** | **18.40 – 19.20**  **11.00 – 11.40** | **P1** | **Ana Catarina** |
| **2 H** | **Terça e Sexta** | **19.40 – 20.20** | **P1** | **Ana Catarina** |
| **2 I** | **Quinta**  **Sábado** | **18.40 – 19.20**  **09.20 – 10.00** | **P1** | **Ricardo Gonçalves** |

**Nível 3**

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| **Classe** | **Dias** | **Horas** | **Local** | **Prof.** |
| **3 A** | **Segunda, Quarta e**  **Sábado** | **17.00 - 17.40**  **09.00 – 10.00** | **P1** | **Pedro Tomé** |
| **3 B** | **Segunda, Quarta e**  **Sábado** | **18.40 – 19.20**  **09.00 – 10.00** | **P1** | **Anabela Cruz** |
| **3 C** | **Terça, Quinta e**  **Sábado** | **19.20 – 20.00**  **09.00 – 10.00** | **P1** | **Paulo Sousa** |
| **3 D** | **Quarta, Sexta e**  **Sábado** | **18.00 – 18.40**  **09.00 – 10.00** | **P1** | **Paulo Sousa** |
| **3 E** | **Terça, Sexta**  **Sábado** | **17.20 – 18.00**  **09.00 – 10.00** | **P1** | **Anabela Cruz** |
| **3 F** | **Segunda, Quarta e**  **Sábado** | **19.20 – 20.00**  **09.00 – 10.00** | **P1** | **Paulo Sousa** |

**Nível 4**

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| **Classe** | **Dias** | **Horas** | **Local** | **Prof.** |
| **4 A** | **Segunda, Quarta e**  **Sábado** | **17.40 – 18.40**  **09.00 – 10.00** | **P1** | **Anabela Cruz** |

**Lagoa a Nadar**

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| **Classe** | **Dias** | **Horas** | **Local** | **Prof.** |
| **Lagoa a Nadar** | **Segunda**  **Terça e Quinta** | **17.40 – 18.40**  **18.00 – 19:00** | **P1** | **Paulo Sousa** |

**Atividade Física**

**Natação Jovem**

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| **Classe** | **Dias** | **Horas** | **Local** | **Prof.** |
| **Natação Jovem** | **Quarta e Sexta** | **17.20 – 18.00** | **P1/P3** | **Ana Catarina** |
| **Natação Jovem Avançada** | **Segunda**  **Quarta**  **Sexta** | **19.20 – 20.00**  **19.20 – 20.20**  **18.40 – 19.40** | **P1/P3** | **Ana Catarina** |
| **Natação Lúdica**  **Aprendizagem** | **Terça**  **Sexta** | **20.00 – 20.40**  **18.40 – 19.20** | **P2/P3** | **Helena Cabrita**  **Anabela** |

**Natação Artística**

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| **Classe** | **Dias** | **Horas** | **Local** | **Prof.** |
| **Natação Artística** | **Quarta**  **Sábado** | **19.30 – 21.00**  **08.45 – 10.15** | **P3**  **P1** | **Catarina Costa** |

**NATAÇÃO ADAPTADA**

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| **Classe** | **Dias** | **Horas** | **Local** | **Professor** |
| **Natação**  **Adaptada A** | **Segunda e Quarta** | **16.30 – 17.00** | **P2** | **Pedro Sequeira Carla Constantino** |
| **Natação**  **Adaptada B** | **Segunda e Quarta** | **17.00 – 17.30** | **P2** | **Pedro Sequeira Carla Constantino** |
| **Natação**  **Adaptada Aperf.** | **Quarta** | **16.45 – 17.25** | **P2** | **Paulo Sousa** |

**NATAÇÃO / POLO**

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| **Classe** | **Dias** | **Horas** | **Local** | **Prof.** |
| **Natação Pólo** | **Quarta**  **Sexta**  **Sábado** | **17.10 – 18.10**  **19.40 – 20.20**  **10.00 – 11.00** | **P1** | **Tiago Augusto** |

**Manutenção**

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| **Classe** | **Dias** | **Horas** | **Local** | **Prof.** |
| **Man A** | **Terça e Quinta** | **19.30 – 20.10** | **P2** | **Nuno Amaral** |
| **Man B** | **Segunda e Quarta** | **20.00 – 20.40** | **P2** | **Anabela Cruz** |
| **Man Avançada** | **Terça e Quinta** | **19.00 – 19.40** | **P2** | **Pedro Sequeira** |

**Hidroginástica**

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| **Classe** | **Dias** | **Horas** | **Local** | **Prof.** |
| **Aqua-sénior (1)** | **Segunda e Quarta** | **09.00-09.40** | **P3** | **Helena Cabrita** |
| **Aqua-sénior (2)** | **Segunda e Quarta** | **10.00-10.40** | **P3** | **Anabela e Ricardo** |
| **Aqua-sénior (3)** | **Segunda e Quarta** | **11.00-11.40** | **P3** | **Anabela e Ricardo** |
| **Aqua-sénior (4)** | **Terça e Sexta** | **09.00-09.40** | **P3** | **Bárbara e Pedro Tomé** |
| **Aqua-sénior (5)** | **Terça e Sexta** | **11.00-11.40** | **P3** | **Bárbara e Pedro Tomé** |
| **Aqua-sénior (6)** | **Segunda e Quarta** | **16.00-16.40** | **P3** | **Helena Cabrita e Ricardo** |
| **Aqua-sénior (7)** | **Terça e Quinta** | **15.30-16.10** | **P1** | **Pedro Tomé** |
| **Aqua-sénior (8)** | **Quarta** | **08.10-08.50** | **P3** | **Helena Cabrita** |
| **Aqua-sénior (9)** | **Terça e**  **Quinta** | **08.10-08.50**  **09.00-09.40** | **P3** | **Bárbara Benedito** |
| **Aqua-fitness (1)** | **Segunda e Quarta** | **18.20-19.00** | **P3** | **Ricardo e Bárbara** |
| **Aqua-fitness (2)** | **Segunda e Quinta** | **19.10-19.50** | **P3** | **Ricardo e Helena** |
| **Aqua-fitness (3)** | **Quinta e**  **Sábado** | **18.20-19.00**  **10.20-11.00** | **P3** | **Helena e Anabela** |
| **Aqua-training** | **Segunda e Quinta** | **20.00 - 20.40** | **P3** | **Ana Catarina** |
| **Aqua-bike (1)** | **Segunda** | **08.10-08.50** | **P3** | **Bárbara Benedito** |
| **Aqua-bike (2)** | **Sexta** | **08.10-08.50** | **P3** | **Bárbara Benedito** |
| **Aqua-bike (3)** | **Quarta** | **19.10-19.50** | **P3** | **Bárbara Benedito** |
| **Aqua-jump**  **(2)** | **Sexta** | **18.00-18.40** | **P3** | **Helena Cabrita** |

**REABILITAÇÃO**

**HIDROTERAPIA (adultos)**

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| **Classe** | **Dias** | **Horas** | **Local** | **Terapeuta** |
| **HTP A 2x** | **Segunda e Quinta** | **15.00 – 15.45** | **P2** | **Carla Constantino** |
| **HTP B 2x** | **Segunda e Quinta** | **15:45 – 16.30** | **P2** | **Carla Constantino** |
| **HTP C 2x** | **Terça e Sexta** | **15.00 – 15.45** | **P2** | **Carla Constantino** |
| **HTP D 2x** | **Terça e Sexta** | **15.45 – 16.30** | **P2** | **Carla Constantino** |
| **HTP E 2x** | **Segunda e Quinta** | **09.05 – 09.50** | **P2** | **Carla Constantino** |
| **Aqua Sénior Dinâmica 1** | **Quinta e**  **Sábado** | **11.00 – 11.40**  **11.00 – 11.40** | **P3** | **Jorge Nunes** |
| **Aqua Sénior Dinâmica 2** | **Terça e Sexta** | **10.00 – 10.40** | **P3** | **Jorge Nunes** |