

| SEPTEMBER 2017 | | | OKTOBER 2017 | | | NOVEMBER 2017 | | |
|----------------|----|--|--------------|----|--|---|----|---|
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| | | | | | | | | |
| | | | | | | Wo | 1 | |
| | | | | | | Do | 2 | |
| Vr | 1 | | | | | Vr | 3 | |
| Za | 2 | | | | | Za | 4 | zwemles - reeks 1 - les7 |
| Zo | 3 | | Zo | 1 | | Zo | 5 | |
| Ma | 4 | start zwemtrainingen | Ma | 2 | | Ma | 6 | |
| Di | 5 | | Di | 3 | | Di | 7 | |
| Wo | 6 | | Wo | 4 | | Wo | 8 | Testzwemmen |
| Do | 7 | | Do | 5 | | Do | 9 | |
| Vr | 8 | | Vr | 6 | | Vr | 10 | |
| Za | 9 | | Za | 7 | HZC - wedstrijd 400M - Herentals zwemles - reeks 1 - les 4 + droogtraining | Za | 11 | Wapenstilstand BK - klein bad |
| Zo | 10 | | Zo | 8 | | Zo | 12 | BK - klein bad NVG-wedstrijd - Mol |
| Ma | 11 | | Ma | 9 | | Ma | 13 | |
| Di | 12 | | Di | 10 | | Di | 14 | |
| Wo | 13 | alternatieve training g-zwemmen | Wo | 11 | | Wo | 15 | |
| Do | 14 | | Do | 12 | | Do | 16 | |
| Vr | 15 | | Vr | 13 | | Vr | 17 | |
| Za | 16 | zwemles - reeks 1 - les 1 HZC-kanotocht | Za | 14 | Prov. Kamp + B-race deel 1 - Wezenberg | Za | 18 | zwemles - reeks 1 - les 8 ZN - 2-daagse Nijlen |
| Zo | 17 | | Zo | 15 | Prov. Kamp + B-race deel 2 - Wezenberg NVG-wedstrijd Arendonk | Zo | 19 | ZN - 2-daagse Nijlen NVG-wedstrijd - Neerpelt |
| Ma | 18 | | Ma | 16 | | Ma | 20 | |
| Di | 19 | | Di | 17 | | Di | 21 | |
| Wo | 20 | start g-zwemmen | Wo | 18 | | Wo | 22 | |
| Do | 21 | | Do | 19 | | Do | 23 | |
| Vr | 22 | | Vr | 20 | | Vr | 24 | |
| Za | 23 | zwemles - reeks 1 - les 2 + droogtraining start seniorenzwemmen | Za | 21 | zwemles - reeks 1 - les 5 Prov. Kamp dag 1 - Wezenberg | Za | 25 | zwemles - reeks 1 - les 9 HZC - Swimmathon |
| Zo | 24 | | Zo | 22 | Prov. Kamp dag 2 - Wezenberg | Zo | 26 | HZS - 200 M - Hasselt |
| Ma | 25 | | Ma | 23 | | Ma | 27 | |
| Di | 26 | | Di | 24 | | Di | 28 | |
| Wo | 27 | | Wo | 25 | | Wo | 29 | |
| Do | 28 | | Do | 26 | | Do | 30 | |
| Vr | 29 | Algemene Ledenvergadering | Vr | 27 | Vertrek mini-stage Butgenbach | Vr | 31 | |
| Za | 30 | zwemles - reeks 1 - les 3 droogtraining (algemene conditie) | Za | 28 | zwemles - reeks 1 - les 6 droogtraining (algemene conditie) | | | |
| | | | Zo | 29 | Terugkomst Butgenbach + GZ-wedstrijd Asse Prov.Kamp lange afstand - Wezenberg | | | |
| GEEN TRAINING | | | Ma | 30 | | ENKEL TRAINING COMP+MAST VOLGENS VAKANT | | |

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|--------------------------------------|----|---|--|---|--|--|
| Zv | 31 | | | | | |
| GEEN TRAINING | | ENKEL TRAINING COMP+MAST VOLGENS VAKANT | | ENKEL TRAINING MASTERS VOLGENS VAKANTIE | | |
| TRAINING VOLGENS VAKANTIE UUREGELING | | ENKEL TRAINING COMPETITIE EN MASTERS | | | | |

| MAART 2018 | | | APRIL 2018 | | | MEI 2018 | | |
|------------|----|--|------------|----|---|----------|----|---|
| | | | | | | Di | 1 | Feest van de Arbeid |
| | | | | | | Wo | 2 | |
| Do | 1 | | | | | Do | 3 | |
| Vr | 2 | | | | | Vr | 4 | |
| Za | 3 | zwemles - reeks 3 - les 2 + droogtraining | | | | Za | 5 | zwemles - reeks 3 - les 9 First meeting - Gent |
| Zo | 4 | G-zwemwedstrijd - Geel | Zo | 1 | | Zo | 6 | First meeting - Gent |
| Ma | 5 | | Ma | 2 | Paasmaandag + GZVN - Paasmeeting - Genk | Ma | 7 | |
| Di | 6 | | Di | 3 | | Di | 8 | |
| Wo | 7 | | Wo | 4 | | Wo | 9 | |
| Do | 8 | | Do | 5 | | Do | 10 | O. H. Hemelvaart |
| Vr | 9 | | Vr | 6 | | Vr | 11 | KBZB - BK groot bad - Wezenberg |
| Za | 10 | zwemles - reeks 3 - les 3 droogtraining (algemene conditie) | Za | 7 | droogtraining (algemene conditie) | Za | 12 | zwemles - reeks 3 - les 10 + droogtraining KBZB - BK groot bad - Wezenberg |
| Zo | 11 | | Zo | 8 | HZS lange afstand - Hasselt | Zo | 13 | KBZB - BK groot bad - Wezenberg |
| Ma | 12 | | Ma | 9 | | Ma | 14 | |
| Di | 13 | | Di | 10 | | Di | 15 | |
| Wo | 14 | | Wo | 11 | | Wo | 16 | |
| Do | 15 | | Do | 12 | | Do | 17 | |
| Vr | 16 | | Vr | 13 | | Vr | 18 | |
| Za | 17 | zwemles - reeks 3 - les 4 droogtraining (algemene conditie) | Za | 14 | zwemles - reeks 3 - les 7 + droogtraining FS98 - Internat. Speedo Meeting - Dortmund | Za | 19 | HZC Memorial FB - Herentals |
| Zo | 18 | ZN Guido de Cnaep - Nijlen | Zo | 15 | FS98 - Internat. Speedo Meeting - Dortmund | Zo | 20 | Pinksteren |
| Ma | 19 | | Ma | 16 | | Ma | 21 | Pinkstermaandag |
| Di | 20 | | Di | 17 | | Di | 22 | |
| Wo | 21 | | Wo | 18 | | Wo | 23 | |
| Do | 22 | | Do | 19 | | Do | 24 | |
| Vr | 23 | | Vr | 20 | | Vr | 25 | |
| Za | 24 | zwemles - reeks 3 - les 5 aflossingswedstrijd 100 x 100 - Herentals | Za | 21 | zwemles - reeks 3 - les 8 + droogtraining KAZS - Swim Meeting - Aarschot | Za | 26 | zwemles - reeks 4 - les 1 droogtraining (algemene conditie) |
| Zo | 25 | | Zo | 22 | KAZS - Swim Meeting - Aarschot NVG-wedstrijd - Herentals | Zo | 27 | |
| Ma | 26 | | Ma | 23 | | Ma | 28 | |
| Di | 27 | | Di | 24 | | Di | 29 | |
| Wo | 28 | | Wo | 25 | | Wo | 30 | |
| Do | 29 | | Do | 26 | | Do | 31 | |
| Vr | 30 | | Vr | 27 | | | | |

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| Za | 31 | zwemles - reeks 3 - les 6 | Za | 28 | droogtraining (algemene conditie) | | | |
| | | | | | G-zwemstage Hoge Rielen - Kasterlee | | | |
| | | | Zo | 29 | G-zwemstage Hoge Rielen - Kasterlee | | | |

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| | | | Ma | 30 | | | | |
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| GEEN TRAINING | | | ENKEL TRAINING COMP+MAST VOLGENS VAKANT | | | ENKEL TRAINING MASTERS VOLGENS VAKANTIE | | |
| TRAINING VOLGENS VAKANTIE UUREGELING | | | ENKEL TRAINING COMPETITIE EN MASTERS | | | | | |

| JUNI 2018 | | | JULI 2018 | | | AUGUSTUS 2018 | | |
|-----------|----|-----------------------------------|-----------|----|--|---------------|----|-------------------|
| | | | | | | | | |
| | | | | | | Wo | 1 | |
| | | | | | | Do | 2 | |
| Vr | 1 | | | | | Vr | 3 | |
| Za | 2 | zwemles - reeks 4 - les 2 | | | | Za | 4 | |
| | | droogtraining (algemene conditie) | | | | | | |
| Zo | 3 | DMB - GP Guy Coolen- Bree | Zo | 1 | stage Loutraki | Zo | 5 | |
| | | NVG-wedstrijd - Mol | | | stage Loutraki | | | |
| Ma | 4 | | Ma | 2 | stage Loutraki | Ma | 6 | |
| Di | 5 | | Di | 3 | stage Loutraki | Di | 7 | |
| Wo | 6 | | Wo | 4 | stage Loutraki | Wo | 8 | |
| Do | 7 | | Do | 5 | stage Loutraki | Do | 9 | |
| Vr | 8 | | Vr | 6 | stage Loutraki | Vr | 10 | |
| Za | 9 | zwemles - reeks 4 - les 3 | Za | 7 | stage Loutraki | Za | 11 | |
| | | | | | stage Loutraki | | | |
| Zo | 10 | G-zwemwedstrijd Waregem | Zo | 8 | stage Loutraki | Zo | 12 | |
| | | | | | stage Loutraki | | | |
| Ma | 11 | | Ma | 9 | stage Loutraki | Ma | 13 | |
| Di | 12 | | Di | 10 | stage Loutraki | Di | 14 | O.L.V. Hemelvaart |
| Wo | 13 | | Wo | 11 | stage Loutraki | Wo | 15 | |
| Do | 14 | | Do | 12 | | Do | 16 | |
| Vr | 15 | | Vr | 13 | Vlaams Zomercriterium | Vr | 17 | |
| Za | 16 | zwemles - reeks 4 - les 4 | Za | 14 | Vlaams Zomercriterium | Za | 18 | |
| | | | | | | | | |
| Zo | 17 | | Zo | 15 | Vlaams Zomercriterium | Zo | 19 | |
| Ma | 18 | | Ma | 16 | | Ma | 20 | |
| Di | 19 | | Di | 17 | | Di | 21 | |
| Wo | 20 | | Wo | 18 | | Wo | 22 | |
| Do | 21 | | Do | 19 | Nationale feestdag | Do | 23 | |
| Vr | 22 | Pretbad - Speeltraining | Vr | 20 | Nat.feestdag+Belgisch jeugdkampioensch | Vr | 24 | |
| Za | 23 | zwemles - reeks 4 - les 5 | Za | 21 | Belgische jeugdkampioenschappen | Za | 25 | |
| | | | | | | | | |
| Zo | 24 | BBQ HZC | Zo | 22 | Belgische jeugdkampioenschappen | Zo | 26 | |
| Ma | 25 | | Ma | 23 | | Ma | 27 | |
| Di | 26 | | Di | 24 | | Di | 28 | |

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| Wo | 27 | | Wo | 25 | | Wo | 29 | |
| Do | 28 | | Do | 26 | | Do | 30 | |
| Vr | 29 | | Vr | 27 | Belgische kampioenschappen | Vr | 31 | |
| Za | 30 | | Za | 28 | Belgische kampioenschappen | | | |
| | | | Zo | 29 | Belgische kampioenschappen | | | |
| | | | Ma | 30 | | | | ENKEL TRAINING COMP+MAST VOLGENS VAKANT |
| | | | Di | 31 | | | | ENKEL TRAINING MASTERS VOLGENS VAKANTIE |
| | | GEEN TRAINING | | | ENKEL TRAINING COMPETITIE EN MASTERS | | | |
| | | TRAINING VOLGENS VAKANTIE UURREGELING | | | | | | |