



| HORAIRES ENTRAINEMENTS        |       |                                                                                                                           |                                                           |                                                    |
|-------------------------------|-------|---------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------|----------------------------------------------------|
| Lundi                         | Mardi | Mercredi                                                                                                                  | Jeudi                                                     | Vendredi                                           |
|                               |       | <div>12h45 – 13h45 ENF1</div> <div>12h45 – 13h45 ENF2</div> <div>12h45 – 13h45 ENF3</div> <div>12h45 – 13h45 AVENIR</div> |                                                           |                                                    |
|                               |       |                                                                                                                           |                                                           | 15h30 – 17h00 Option Natation                      |
|                               |       | 19h – 19h30 ENF 0                                                                                                         |                                                           | 18h 45 – 20h 00 AVENIR                             |
| 19h 45 – 21h15 BENJAMIN B     |       |                                                                                                                           |                                                           | 18h 45 – 20h 00 BENJAMIN B<br>Hors option Natation |
| 19h 45 – 21h15 BENJAMIN A     |       | 19h30 – 21h00 BENJAMIN A                                                                                                  | 19h30 – 21h00 BENJAMIN A                                  | 20h00 – 21h15 BENJAMIN A<br>Hors option Natation   |
| 19h 15 – 19h 45 PPG : juniors |       | 19h 00 – 19h 30 PPG : juniors                                                                                             |                                                           |                                                    |
| 19h 45 – 21h 15 JUNIOR A ET B |       | 19h 30 – 21h 00 JUNIOR A ET B                                                                                             | 19h 30 – 21h 00 JUNIOR A                                  | 20h 00 – 21h 15 JUNIOR A ET B                      |
|                               |       | 19h 30 – 21h 00 MASTER                                                                                                    | 19h30 – 20h 15 Aqua Mix<br>20h15 – 21h 00 Natation Adulte | 20h 00 – 21h 15 MASTER                             |