

lundi			mardi			mercredi			jeudi			vendredi			samedi		dimanche
Shallow	Mid	Dive	Shallow	Mid	Dive	Shallow	Mid	Dive	Shallow	Mid	Dive	Shallow	Mid	Dive			
Early Bird Adult Lap Swim 7h - 8h																	
Synchro 8h-9h			Synchro 8h-9h			Synchro 8h-9h			Synchro 8h-9h								
Swimming Lessons 9h - 11h												Staff Training 10h-12h					
Swim Team 11+ 10h-10h45			Swim Team 11+ 10h-10h45			Swim Team 11+ 10h-10h45			Swim Team 11+ 10h-10h45								
JJ 11h	Swim Team 10- 10h45-11h30		JJ 11h	Swim Team 10- 10h45-11h30		JJ 11h	Swim Team 10- 10h45-11h30		JJ 11h	Swim Team 10- 10h45-11h30							
Aquafit 11h30 - 12h15		Dive Team 11h30	Aquafit 11h30 - 12h15		Dive Lesson 11h30	Aquafit 11h30 - 12h15		Dive Team 11h30	Aquafit 11h30 - 12h15		Dive Lesson 11h30						
Waterpolo 12h15			Waterpolo 12h15		Dive Team 12h	Waterpolo 12h15			Waterpolo 12h15		Dive Team 12h	Maintenance & Meetings		Rec Swim 12h-20h			
Synchro 13h			Synchro 13h			Synchro 13h			Synchro 13h			Free Swim 13h Extra Team Practices if required					
Camp Swim 14h Free Swim 14h-16h			Camp Swim 14h Free Swim 14h-16h			Camp Swim 14h Free Swim 14h-16h			Camp Swim 14h Free Swim 14h-16h			Camp Swim 14h Free Swim 13h-16h					
Rec Swim 16h-21h			Rec Swim 16h-21h			Rec Swim 16h-21h			Rec Swim 16h-21h			Rec Swim 16h-21h					
Lessons 17h & 17h30			Lessons 17h & 17h30			Lessons 17h & 17h30			Lessons 17h & 17h30					Rec Swim 12h-20h			
			Masters 18h						Masters 18h			Adult Laps 18h30					
PISCINE CEDAR PARC 2023																	