

lundi / Monday			mardi / Tuesday			mercredi / Wednesday			jeudi / Thursday			vendredi / Friday			samedi / Saturday			dimanche / Sunday														
Shallow	Mid	Dive	Shallow	Mid	Dive	Shallow	Mid	Dive	Shallow	Mid	Dive	Shallow	Mid	Dive	Shallow	Mid	Dive	Shallow	Mid	Dive												
Nage en couloir tôt le matin pour les adultes / Early Bird Lane Swim 7h - 8h																																
Supplémentaire - nettoyage, leçons ou entraînements d'équipe / Extra Cleaning, Lessons, Team Practices 8h-9h																																
Cours de natation / Swimming Lessons 9h - 11h																																
	Equipe de natation / Swim Team 11+ 10h-10h45			Equipe de natation / Swim Team 11+ 10h-10h45			Equipe de natation / Swim Team 11+ 10h-10h45			Equipe de natation / Swim Team 11+ 10h-10h45		Staff Training 9h30-12h																				
JJ 11h	Equipe de natation / Swim Team 10- 10h45-11h30		JJ 11h	Equipe de natation / Swim Team 10- 10h45-11h30		JJ 11h	Equipe de natation / Swim Team 10- 10h45-11h30		JJ 11h	Equipe de natation / Swim Team 10- 10h45-11h30																						
Adult Swim Natation pour adultes	Waterpolo 11h30		Adult Swim Natation pour adultes	Waterpolo 11h30		Adult Swim Natation pour adultes	Waterpolo 11h30		Adult Swim Natation pour adultes	Waterpolo 11h30																						
AquaFit 12h15-13h		Equipe de plongée / Dive Team 12h15	AquaFit 12h15-13h		Equipe de plongée / Dive Team 12h15	AquaFit 12h15-13h		Equipe de plongée / Dive Team 12h15	AquaFit 12h15-13h		Equipe de plongée / Dive Team 12h15	AquaFit 12h15-13h						Nage libre / Free Swim 12h-20h		Nage libre / Free Swim 12h-20h												
Synchro 13h-14h			Synchro 13h-14h			Synchro 13h-14h			Synchro 13h-14h			Natacion pour adultes / Adult Swim 13h-14h																				
Nage libre / Free Swim 14h-21h			Nage libre / Free Swim 14h-21h			Nage libre / Free Swim 14h-21h			Nage libre / Free Swim 14h-21h			Nage libre / Free Swim 14h-21h																				
	Leçons de natation / Swim Lessons 17h-18h			Leçons de natation / Swim Lessons 17h-18h			Bronze Med / Cross 16h-18h			Leçons de natation / Swim Lessons 17h-18h			Leçons de natation / Swim Lessons 17h-18h			Bronze Med / Cross 16h-18h																
Jeux de WaterPolo						compétition de natation						Jeux de WaterPolo																				
						Masters 19h-20h																										
Piscine Cedar Parc 2024																																