

Horaire type Groupe A3

	Période scolaire		Période vacances scolaires		
Lundi a.m.			07h45 - 08h00 (MOL) 08h00 - 10h00 (MOL) 10h00 - 10h15 (MOL)	M.C.P. Natation Stretching	
Lundi p.m.	17h15 - 18h00 (MOL) 18h00 - 20h00 (MOL) 20h00 - 20h15 (MOL)	Jogging Natation Stretching	17h15 - 18h00 (MOL) 18h00 - 20h00 (MOL) 20h00 - 20h15 (MOL)	Jogging Natation Stretching	
Mardi a.m.	*06h30 - 06h45 (AND) *06h45 - 08h15 (AND) *08h15 - 08h30 (AND)		M.C.P.* Natation* Stretching*	07h45 - 08h00 (MOL) 08h00 - 10h00 (MOL) 10h00 - 10h15 (MOL)	M.C.P. Natation Stretching
Mardi p.m.	17h45 - 18h00 (MOL) 18h00 - 20h00 (MOL) 20h00 - 20h15 (MOL)	M.C.P. Natation Stretching	17h45 - 18h00 (MOL) 18h00 - 20h00 (MOL) 20h00 - 20h15 (MOL)	M.C.P. Natation Stretching	
Mercredi a.m.			07h45 - 08h00 (MOL) 08h00 - 10h00 (MOL) 10h00 - 10h15 (MOL)	M.C.P. Natation Stretching	
Mercredi p.m.	16h30 - 17h15 (MOL) 17h15 - 18h00 (MOL) 18h00 - 20h00 (MOL) 20h00 - 20h15 (MOL)	Jogging M.C.P. Natation Stretching	16h30 - 17h15 (MOL) 17h15 - 18h00 (MOL) 18h00 - 20h00 (MOL) 20h00 - 20h15 (MOL)	Jogging M.C.P. Natation Stretching	
Jeudi a.m.	*06h30 - 06h45 (AND) *06h45 - 08h15 (AND) *08h15 - 08h30 (AND)		M.C.P.* Natation* Stretching*	07h45 - 08h00 (MOL) 08h00 - 10h00 (MOL) 10h00 - 10h15 (MOL)	M.C.P. Natation Stretching
Jeudi p.m.	17h45 - 18h00 (MOL) 18h00 - 20h00 (MOL) 20h00 - 20h15 (MOL)	M.C.P. Natation Stretching	17h45 - 18h00 (MOL) 18h00 - 20h00 (MOL) 20h00 - 20h15 (MOL)	M.C.P. Natation Stretching	
Vendredi a.m.			07h45 - 08h00 (MOL) 08h00 - 10h00 (MOL) 10h00 - 10h15 (MOL)	M.C.P. Natation Stretching	
Vendredi p.m.	17h45 - 18h00 (MOL) 18h00 - 20h00 (MOL) 20h00 - 20h15 (MOL)	M.C.P. Natation Stretching	17h45 - 18h00 (MOL) 18h00 - 20h00 (MOL) 20h00 - 20h15 (MOL)	M.C.P. Natation Stretching	
Samedi a.m.	07h45 - 08h00 (MOL) 08h00 - 10h00 (MOL) 10h00 - 10h15 (MOL)	M.C.P. Natation Stretching	07h45 - 08h00 (MOL) 08h00 - 10h00 (MOL) 10h00 - 10h15 (MOL)	M.C.P. Natation Stretching	
Samedi p.m.	17h00 - 17h45 (MOL) 17h45 - 19h45 (MOL) 19h45 - 20h00 (MOL)	Jogging Natation Stretching	17h00 - 17h45 (MOL) 17h45 - 19h45 (MOL) 19h45 - 20h00 (MOL)	Jogging Natation Stretching	

non obligatoire

Entraînements obligatoires Groupe A3

2012	Période scolaire												Période vacances scolaires											
	Lu.		Ma.		Me.		Je.		Ve.		Sa.		Lu.		Ma.		Me.		Je.		Ve.		Sa.	
	a.m.	p.m.	a.m.	p.m.	a.m.	p.m.	a.m.	p.m.	a.m.	p.m.	a.m.	p.m.	a.m.	p.m.	a.m.	p.m.	a.m.	p.m.	a.m.	p.m.	a.m.	p.m.	a.m.	p.m.
1995 ♀ (Jun. I)		x	x*	x		x	x*	x		x	x	x	x	x	x	x	x	x	x	x	x	x	x	x
1994 ♂ (Jun. II)		x	x*	x		x	x*	x		x	x	x	x	x	x	x	x	x	x	x	x	x	x	x
1996 ♀ (Cad. II)		x	x*	x		x	x*	x		x	x	x	x	x	x	x	x	x	x	x	x	x	x	x
1995 ♂ (Jun. I)		x	x*	x		x	x*	x		x	x	x	x	x	x	x	x	x	x	x	x	x	x	x
1997 ♀ (Cad. I)		x	x*	x		x	x*	x		x	x	x	x	x	x	x	x	x	x	x	x	x	x	x
1996 ♂ (Cad. II)		x		x		x		x		x			x		x			x		x				x
1998 ♀ (Min. II)		x		x		x		x		x			x			x		x		x				x
1997 ♂ (Cad. I)		x		x		x		x		x			x			x		x		x				x
1999 ♀ (Min. I)		x		x		x		x		x			x			x		x		x				x
1998 ♂ (Min. II)		x		x		x				x			x			x		x						x
2000 ♀ (Ben. II)		x		x		x				x			x			x		x						x
1999 ♂ (Min. I)		x		x		x				x			x			x		x						x
2001 ♀ (Ben. I)		x		x		x				x			x			x		x						x
2000 ♂ (Ben. II)												x												x

non obligatoire

Nageurs Groupe A3

Groupe A3a Demi-Fond / Fond	Groupe A3b Demi-Fond / Fond
CREPIN Remi (1995)	CREPIN Marion (1998)
RAQUET Damien (1997)	TOURNAY Mallauray (1999)

Groupe A3a Sprint Long / Demi-Fond	Groupe A3b Sprint Long / Demi-Fond
DUJARDIN Théo (1995)	CAVADINI Virginie (1998)
ZERAIDI Amine (1996)	MOLINA ALVAREZ Eva (1996)

Groupe A3a Sprint Court / Sprint Long	Groupe A3b Sprint Court / Sprint Long
GOETHALS Liesbeth (1995)	MARIN Aurélien (1998)
GOETHALS Reinhilde (1998)	WALWIS Alexandre (1999)