

Activités	Groupe	Jour	horaire PPG	horaire BASSIN	Lieu	
Natation Synchronisée	SECTION SPORT NAT SYNCHRO	Mardi	12h45 - 13h00	13h00 - 13h45	Bertran de Born	
		Vendredi	12h45 - 13h00	13h00 - 13h45	Bertran de Born	
	POUSSINE	Jeudi Technique	17h15 - 17h30	17h30- 19h00	Bertran de Born	
		Mercredi natation		17h - 18h00	Bertran de Born	
		Samedi Ballet		09h15- 11h00	Bertran de Born	
	AVENIR	Mercredi technique		13h00 - 14h15	Bertran de Born	
		Mercredi gym/dance		16h00 - 17h30	Gymnase B2B	
		Vendredi ballet	17h15 - 17h30	17h30 - 18h45	Bertran de Born	
	JEUNE 1	Mardi Technique	18h15 - 18h30	18h30 - 20h00	Bertran de Born	
		Mercredi gym/dance		17h30 - 19h30	Gymnase B2B	
		Samedi ballet		13h30 - 15h30	Bertran de Born	
	JEUNE 2	Mardi technique	17h15 - 17h30	17h30 - 18h30	Gym Bertran de Born	
		Mercredi gym/dance		16h00 - 17h30	Gymnase B2B	
		Samedi ballet		12h00 - 13h45	Bertran de Born	
	JEUNE 3	Mardi technique	17h15- 17h30	17h30 - 18h30	Gym Bertran de Born	
		Mercredi gym/dance		16h00 - 17h30	Gymnase B2B	
		Samedi ballet		12h00 - 13h45	Bertran de Born	
	Junior	Mardi technique	18h15 - 18h30	18h30 - 20h00	Bertran de Born	
		Mercredi gym/dance		17h30 - 19h30	Gymnase B2B	
		Samedi Ballet		13h30 - 15h30	Bertran de Born	
Natation Compétition	SECTION SPORT NAT COURSE	Lundi	12h45 - 13h00	13h00 - 13h45	Bertran de Born	
		Jeudi	12h45 - 13h00	13h00 - 13h45	Bertran de Born	
	NATATHLON 2 , 3 séances obligatoires	Lundi	17h15 - 17h30	17h30 - 18h45	Bertran de Born	
		Mercredi		16h - 17h	Bertran de Born	
		Samedi		09h - 11h	Bertran de Born	
	NATATHLON 1, 3 séances obligatoires	Lundi	17h15 - 17h30	17h30 - 18h45	Bertran de Born	
		Mercredi	14h15 - 15h00	15h - 16h	Bertran de Born	
		Jeudi	17h15 - 17h30	17h30 - 18h30	Bertran de Born	
		Samedi		09h - 11h00	Bertran de Born	
	Compétiteurs 1 , 3 séances obligatoires	Lundi	18h00 - 18h45	18h45 - 20h15	Bertran de Born	
		Mardi		17h30 - 20h	Bertran de Born	
		Mercredi		19h - 20h15	Bertran de Born	
		Jeudi	17h45 - 18h30	18h30 - 20h	Bertran de Born	
		Vendredi		19h - 20h15	Bertran de Born	
		Samedi		10h - 11h00	Bertran de Born	
	Compétiteurs 2, 3 séances obligatoires	Lundi		18h45 - 20h15	Bertran de Born	
		Mercredi	15h00 - 16h00	16h - 17h00	Bertran de Born	
		Vendredi		17h30 - 18h45	Bertran de Born	
	MASTERS	Adultes MASTERS, nageurs adultes participants aux compétitions au moins niveau régional, séances avec les adultes entrainemet du lundi, les adultes entrainement du mercredi, ainsi que tous les midis en libre à partir de 12h00 et si niveau adéquat avec les compétiteurs 1 et les lundis et jeudis de 13 à 14 avec la section sport natation course				
	Ecole de Natation Française	Eveil 1	Lundi		17h45- 18h30	Bertran de Born
Eveil 2		Jeudi		17h45- 18h30	Bertran de Born	
Eveil 3		Mercredi		17h45- 18h30	Bertran de Born	
Sauv'nage 1		Mercredi		18h - 19h	Bertran de Born	
Sauv'nage 2		Vendredi		17h30- 18h30	Bertran de Born	
Sauv'nage 3		Samedi		10h - 11h00	Bertran de Born	
Sauv'nage 4		Samedi		11h - 12h00	Bertran de Born	
Sauv'nage 5		Samedi		11h - 12h00	Bertran de Born	
SAUV NAGE 9-12 ans		Samedi		09h - 10h00	Bertran de Born	
PASS SPORT		Mercredi		17h - 18h00	Bertran de Born	
PASS COMPET 1 et 2, 2 séances obligatoires		Mercredi		18h - 19h00	Bertran de Born	
		Samedi		10h - 11h00	Bertran de Born	

Natation Perf et Entrainement	Ados Perf 10 - 13 ans	Mercredi		13h - 14h15	AquaCap
		Samedi		13h30 - 14h30	Bertran de Born
	Ados Perf 14 - 18 ans	Mercredi		13h - 14h15	AquaCap
		Samedi		14h30 - 15h30	Bertran de Born
	Ados Entrainement	Mercredi		13h - 14h15	AquaCap
		Samedi		12h15 - 13h30	Bertran de Born
	Adultes Apprentissage	Jeudi		20h - 21h15	Bertran de Born
	Adultes MERCREDI	Mercredi	20h00 - 20h15	20h15 - 21h30	Bertran de Born
		Samedi		09h00 - 10h00	Bertran de Born
	Adultes VENDREDI	Vendredi	18h45 - 19h00	19h00 - 20h15	Bertran de Born
		Samedi		09h00 - 10h00	Bertran de Born
	Adultes LUNDI	Lundi		20h15 - 21h30	Bertran de Born
Samedi			09h00 - 10h00	Bertran de Born	
Adultes AQUACAP MER Matin	Mercredi		11h30 - 12h45	AquaCap	
	Samedi		09h00 - 10h00	Bertran de Born	
Senior	Mercredi		10h30 - 11h30	AquaCap	
Handisport et Sport Adapté	Handi Enfant	Mercredi		17h30 - 18h30	Bertran de Born
	Handi Adultes	Mercredi		18h45 - 19h45	Bertran de Born
	Handi AVH	Mercredi		10h30 - 11h30	Aquacap
Aquaforme	Aquaforme	Lundi		19h - 20h	Bertran de Born
		Vendredi		19h - 20h	Bertran de Born
Aquaphobie	Aquaphobie	Jeudi		20h - 21h	Bertran de Born
Sport Santé	Sport santé 1	Mardi		12h45 - 13h45	Bertran de Born
	Sport santé 2	Jeudi		18h45 - 19h45	Bertran de Born