



Planning activités Aquatique Club Agglomération Périgueux

Saison 2021/2022

Groupe	Jour	horaire PPG	horaire BASSIN	Lieu
Ecole de Natation Française				
Eveil 1	Mercredi		17h15 - 18h00	Bertran de Born
Eveil 2	Samedi		9h00 - 9h45	Bertran de Born
Eveil 3	Samedi		9h45 - 10h30	Bertran de Born
SAUV NAGE 1	Mercredi		15h00 - 16h00	Bertran de Born
SAUV NAGE 2	Mercredi		15h00 - 16h00	Bertran de Born
SAUV NAGE 3	Mercredi		17h15 - 18h15	Bertran de Born
SAUVNAGE 4	Samedi		10h30 - 11h30	Bertran de Born
SAUVNAGE 5	Samedi		11h30 - 12h30	Bertran de Born
SAUV NAGE 6	Samedi		14h00 - 15h00	Bertran de Born
Jeune apprentissage 1	Mercredi		18h15 - 19h15	Bertran de Born
Jeune apprentissage 2	Samedi		13h00 - 14h00	Bertran de Born
PASS SPORT	Mercredi		16h00 - 17h30	Bertran de Born
	Samedi		9h00 - 10h30	Bertran de Born
PASS COMPET	lundi		17h30 - 18h45	Bertran de Born
	Mercredi		17h30 - 19h00	Bertran de Born
	Jeudi		17h30 - 18h30	Bertran de Born
	Vendredi		17h30 - 18h30	Bertran de Born
Natation Artistique				
NA Debutante	Mercredi		13h00 - 14h15	Bertran de Born
	Mercredi gym		15h00 - 16h15	Gym Bertran de Born
	Samedi		10h30 - 12h00	Bertran de Born
AVENIR 2	Mardi		17h30 - 18h45	Bertran de Born
AVENIR 2	Mercredi gym		16h30 17h45	Gym Bertran de Born
	Vendredi		18h00 - 20h00	Bertran de Born
AVENIR 1	Mardi		17h30 - 18h45	Bertran de Born
	Mercredi gym		18H15 19H30	Gym Bertran de Born
	Jeudi		17h30 - 19h00	Bertran de Born
	Vendredi		17h30 - 20h00	Bertran de Born
JEUNE	Mardi		18h45 - 20h00	Bertran de Born
	Samedi		12h00 - 13h30	Bertran de Born
JUNIOR 1	Mardi		18h45 - 20h00	Bertran de Born
	Mercredi gym		18H15 19H30	Gym Bertran de Born
	Samedi		13h30 - 15h30	Bertran de Born
JUNIOR 2	Mercredi gym		18h00 -19h30	Gym Bertran de Born
	Samedi		13h30 - 15h30	Bertran de Born
NA Adultes et ados + 16ans	Mercredi		20h15 - 21h30	Bertran de Born
Water Polo				
Water polo et ados + 16ans	SAMEDI		15H30 - 17H30	Bertran de Born
Natation Course Compétitions				
SECTION NAT COURSE	Lun Mar jeu vend	12h45 - 13h00	13h00 - 13h45	Bertran de Born
Jeunes départementaux	Lundi	18h00 - 18h45	18h45 - 20h15	Bertran de Born
	Mardi		18h00 - 20h00	Gym Bertran de Born
	Mercredi		16h00 - 17h30	Bertran de Born
	Vendredi		17h30 - 18h45	Bertran de Born
Jeune régionaux	Lundi	18h00 - 18h45	18h45 - 20h15	Bertran de Born
	Mardi		18h00 - 20h00	Gym Bertran de Born
	Mercredi		17h30 - 19h00	Bertran de Born
	Jeudi		18h00 - 20h00	Bertran de Born
Juniors départementaux	Lundi	18h00 - 18h45	18h45 - 20h15	Bertran de Born
	Mardi		18h00 - 20h00	Gym Bertran de Born
	Mercredi		16h00 - 17h30	Bertran de Born
	Lundi	18h00 - 18h45	18h45 - 20h15	Bertran de Born
Juniors régionaux :	Mardi		18h00 - 20h00	Bertran de Born
	Mercredi		17h30 - 19h00	Bertran de Born
	Jeudi		18h00 - 20h00	Bertran de Born
	Vendredi		17h30 - 18h45	Bertran de Born
MASTERS	Adultes MASTERS, nageurs adultes ayant participé saison 2019 2020 à au moins une compétition officielle. Planning à voir à l'inscription.			
Natation Loisirs				
Ados Apprentissage	Mercredi		13h15 - 14h15	AquaCap
	Samedi		10h30 - 11h30	Bertran de Born
Ados perfectionnement	Mercredi		13h15 - 14h15	AquaCap
	Samedi		11h30 - 12h30	Bertran de Born
Ados entraînement	Mercredi		13h15 - 14h15	AquaCap
	Samedi		12h30 - 13h30	Bertran de Born
Ado C2T	Samedi		14h-15h	Bertran de Born
Adultes AQUACAP	Mercredi		11h30 - 12h45	AquaCap
Commun au 4 grps Adultes	Samedi		9h00 - 10H30	Bertran de Born
Commun au 4 grps Adultes	Lundi		20h15 - 21h30	Bertran de Born
Adultes Apprentissage	Jeudi		20h00 - 21h00	Bertran de Born
Adultes Entraînement	Mercredi		19h00 - 20h15	Bertran de Born
Adultes Perfectionnement	Mercredi		20h15 - 21h30	Bertran de Born
Adultes VENDREDI	Vendredi		18h45 - 20h00	Bertran de Born
Senior	Mercredi		10h30 - 11H30	AquaCap
Autres activités, Bien être				
Aquaforme	Lundi		19h15 - 20h00	Bertran de Born
	Jeudi		18h30 -19h15	Bertran de Born
Aquaphobie	Jeudi		19h15 - 20h15	Bertran de Born
Sport santé 1	Lundi		18h30 - 19h15	Bertran de Born
Sport santé 2	vendredi		18h30 - 19h15	Bertran de Born