

## HORAIRE ENTRAINEMENTS GROUPE NCA 2019-2020

	Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi
<b>ECOLE EAU 3niveaux (1 créneau/semaine)</b>			11h 12h (gp1) 2011 et - 13h00 13h45 (gp2) 13h45 14h30 (gp3)	<u>Groupe 4</u> : 18h15 19h (gp4) (2012)		13h 13h45 (gp5) 13h45 14h30 (gp6)
<b>ECOLE DE NATATION du Niveau Sauv'nage au Pass'compet (2 créneaux/semaine)</b>			13h00 14h30			10h30 12h WP 13h 14h30 Nat
<b>PASS'COMPETITION U9 2011-2012 (titulaire Pass'port) (minimum 2créneaux/semaine)</b>		Mar 18h 19h	Mer 9h45 11 h			Sam 14h30 15h45
<b>AVENIR COMPETITION U11 2010 (minimum 3créneaux/semaine 1WP 2Natation)</b>	Lun 17h 18h45 Nat		Mer 9h45 11h Nat/WP	Jeu 17h00 18h30 Nat		Sam 10h 12h PPG + WP
<b>AVENIR COMPETITION U11 2009 (minimum 4créneaux/semaine 1WP 2Natation)</b>	Lun 17h 18h45 Nat		Mer 9h45 11h WP	Jeu 17h00 18h30 Nat	Ven 17h 18h45 Nat	Sam 10h 12h PPG + WP
<b>JEUNES SECTION SPORTIVE 6<sup>ème</sup></b>	Lun 15h45 17h15 Nat	Mar 15h45 17h15 Nat	Mer 8h 9h45 WP	Jeu 15h45 17h15 Nat		Sam 10h 12h PPG + WP
<b>JEUNES SECTION SPORTIVE 5<sup>ème</sup></b>		Mar 15h45 17h15 Nat	Mer 8h 9h45 WP	Jeu 15h45 17h15 Nat	Ven 15h30 18h WP + PPG	Sam 9h 10h30 WP
<b>JEUNES SECTION SPORTIVE 4<sup>ème</sup></b>	Lun 18h15 19h30 WP	Mar 15h45 17h00 PPG 17h 18h15 Nat	Mer 11h15 13h WP/ 17h30 20h45 PPG + WP	Jeu 16h30 18h muscu 18h15 19h30 WP	Ven 15h30 18h WP + PPG	Sam 9h 10h30 WP
<b>JUNIORS SECTION SPORTIVE 3<sup>ème</sup></b>	Lun 18h15 19h30 WP	Mar 15h45 17h00 PPG 17h 18h15 Nat	Mer 11h15 13h muscu / 17h30 20h45 muscu + WP	Jeu 16h45 17h45 muscu 18h15 19h30 WP	Ven 15h30 18h WP + PPG	Sam 9h 10h30 WP
<b>PER</b>	Lun 18h15 19h30 WP	Mar 19h 22h PPG + WP	Mer 16h30 17h30 vidéo 17h30 20h45 PPG + WP	Jeu 18h15 21h WP + PPG	Ven 17h30 20h PPG + WP	
<b>NATATION SYNCHRONISEE (titulaire pass'compétition)</b>					Ven 18h 21h	Sam 12h 13H15 (gp1) 13H15 14h30 (gp 2)
<b>Nager Bien être</b>	Lun 12h30 13h30	Mar 12h30 13h30		Jeu 12h30 13h30	Ven 20h 21h	
<b>Sauvetage + BNSSA</b>						Sam 7h 9h
<b>Handicap</b>						Sam 12h 13h
<b>Nager Santé</b>					Ven 20h 21h	

<b>N1 GARCON</b>	Lun 19h30 21h WP	Mar 6h30 8h15 WP	Mer 9h45 11h15 WP 20h45 22h30 WP	Jeu 11h 12h30 WP 19h15 20h30 WP	Ven 19h 20hWP	12h 13 WP
<b>N1 Fille</b>	Lun 10h30 12h muscu/18h15 19h30 WP	Mar 6h30 8h15 WP 10h15 11h15 muscu / 18h 19h muscu/ 20h30 22h30 WP	Mer 9h45 11h15 WP/ 17h30 18h45 muscu/ 19h 20h45 WP	Jeu 18h15 19h30 WP/ 19h45 20h30 muscu	Ven 6h30 8h WP	Sam 9h 10h30 WP

