

HEURES D'ENTRAÎNEMENT (sujet à changement)

| | LUNDI | MERCREDI | VENDREDI | DIMANCHE |
|---------------------|-----------|-----------|-----------|-----------|
| Tôt le matin | 5h30-7h | 5h30-7h | 5h30-7h | |
| Mi-Matin | 9h-10h30 | 9h-10h30 | 9h-10h30 | |
| Soir | 20h-21h30 | 20h-21h30 | 20h-21h30 | |
| Matin | | | | 8h-9h30 * |

** pendant la nage en couloir (pas d'entraîneur)*

TRAINING TIMES (subject to change)

| | MONDAY | WEDNESDAY | FRIDAY | SUNDAY |
|--------------------|---------------|---------------|---------------|----------------|
| Early Bird | 5:30-7:00 am | 5:30-7:00 am | 5:30-7:00 am | |
| Mid-Morning | 9:00-10:30 am | 9:00-10:30 am | 9:00-10:30 am | |
| Evening | 8:00-9:30 pm | 8:00-9:30 pm | 8:00-9:30 pm | |
| Morning | | | | 8:00-9:30 am * |

** during free swim (no coach)*