

		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	total		
Cité-des-Jeunes students Civil and school in the morning	AM Dev 1	Pool Dryland	Day off	Day off	AM 7:00 to 8:30 AM 8:30 to 9:00	AM 7:00 to 8:30 AM 8:30 to 9:00	AM 7:00 to 8:30 AM 8:30 to 9:00	friday pm 18:00 to 19h45 16h45 to 17h45	saturday am 6:00 to 7h45 8:00 to 9:00	8 3.5	11.5
	AM GA	Pool Dryland	Day off	lundi pm PM 16:30 to 18:00	AM 7:00 to 8:30 AM 8:30 to 9:00	AM 7:00 to 8:30 AM 8:30 to 9:00	AM 7:00 to 8:30 AM 8:30 to 9:00	friday pm 18:00 to 19h45 16h45 to 17h45	saturday am 6:00 to 7h45 8:00 to 9:00	9.5 3.5	13
	AM Dev 2	Pool Dryland	Day off	Day off	AM 7:00 to 8:30 AM 8:30 to 9:00	AM 7:00 to 8:30 AM 8:30 to 9:00	AM 7:00 to 8:30 AM 8:30 to 9:00	Day off	saturday am 6:00 to 7h45 8:00 to 9:00	6.25 2.5	8.75
	AM Dev 3	Pool Dryland	Day off	Day off	AM 7:00 to 8:30 AM 8:30 to 9:00	AM 7:00 à 8:30 AM 8:30 to 9:00	AM 7:00 to 8:30 AM 8:30 to 9:00	Day off	Day off	4.5 1.5	6
	AM Élite	Pool Dryland	sunday pm PM 16:45 to 18:15	monday pm PM 16:30 to 18:00	AM 7:00 to 8:30 AM 8:30 to 9:00	AM 7:00 to 8:30 AM 8:30 to 9:00	AM 7:00 to 8:30 AM 8:30 to 9:00	friday pm 18:00 to 19h45 16h45 to 17h45	saturday am 6:00 to 7h45 8:00 to 9:00	11 3.5	14.5
<b>2 weeks free tryout</b> <b>The swimmer must attend 70% of the training periods</b>											

Civil in the evening	PM GA	Piscine Dryland	Day off	PM 16:30 to 18:00	Day off	PM 16:30 to 18:00	PM 16:30 to 18:00	PM 17:45 to 19:45 PM 16:45 to 17:45	AM 6:00 to 7:45 AM 8:00 to 9:00	8.25 2	10.25
	PM Dev 1	Piscine Dryland	Day off	PM 16:30 to 18:00	Day off	PM 16:30 to 18:00	PM 16:30 to 18:00	PM 17:45 to 19:45 PM 16:45 to 17:45	AM 6:00 to 7:45 AM 8:00 to 9:00	7.75 2	9.75
	PM Dev 2	Piscine	Day off	PM 16:30 to 18:00	Day off	PM 16:30 to 18:00	Day off	PM 16:30 to 18:00 PM 18:00 to 19:00	AM 6:00 to 7:45 AM 8:00 to 9:00	6.25 2	8.25
	PM Dev 3	Piscine Dryland	Day off	Day off	Day off	PM 16:30 to 18:00	Day off	PM 16:30 to 18:00	PM 17:00 to 18:30 PM 16:00 to 17:00	4.5 1	5.5
	PM Élite	Piscine Dryland	PM 16:45 to 18:15	PM 16:30 to 18:00	PM 16:30 to 18:00	Day off	PM 16:30 to 18:00	PM 17:45 to 19:45 PM 16:45 to 17:45	AM 6:00 to 7:45 AM 8:00 to 9:00	9.75 2	11.75
	PM Pré-Dev GRP1	Piscine Dryland	PM 17:30 to 18:15 PM 17:15 à 17:30	Day off	PM 16:30 to 17:15 pm 17:15 to 17:30	Day off	Day off	Day off	Day off	1.5 1	2.5
	PM Pré-Dev GRP 2	Piscine Dryland	PM 16:45 to 17:30 PM 17:30 to 17:45	Day off	PM 17:15 to 18:00 PM 17:00 to 17:15	Day off	Day off	Day off	Day off	1.5 1	2.5
	Initiation 1	Piscine Dryland	Day off	Day off	pm 16:45 to 17:45	Day off	Day off	Day off	PM 17:00 to 18:00	1 0	1
	Initiation 2	Piscine Dryland	Day off	Day off	Day off	Day off	Day off	Day off	Day off	1 0	1
<b>No free tryout. For insurance reasons, the Club must affiliate the swimmers at fist practice and therefore has charges</b> <b>The swimmer must attend 70% of the training periods</b>											

Masters	Pool Dryland	PM 16:45 to 18:15	Day off	Day off	Day off	Day off	Day off	Day off	PM 17:00 to 18:30	3	3
<b>No free tryout. For insurance reasons, the Club must affiliate the swimmers at fist practice and therefore has charges</b> <b>The swimmer must respect the selected days but may ask for a change over the year</b>											