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|  | LUNDI | | MARDI | | MERCREDI | JEUDI | | VENDREDI | |
| 17H / 18 H |  | |  | | Ecole de natation  Groupe 1  2014-2015 |  | |  | |
| 18H / 19H |  | |  | | Ecole de natation  Groupe 2  2013-2014 | 18h15-19h15  Perf 1  2011-2010 | COMPET  18H45/  20H15 |  | |
| 19H / 20H | PERF 3  2007-2006-2005 | compétition | espoir |  | Ecole de natation  Groupe 3  2012-2013 | 19h15-20h15  PerF 2  2008-2009 | espoir | compétition |
| 20H/ 21H | Adulte | adulte |  |  | | adulte |