

PLANNING DES ENTRAINEMENTS

NDVB – Natation synchronisée – Saison 2009 2010

<u>LUNDI</u> (St Exupéry)	18 H 15 – 19 H 30	}	socle	Marie Noëlle – Nelly	
	20 H 00 – 21 H 30		Promo	Nathalie	
	19 H 00 – 21 H 30		FINA (ex minimes – juniors – seniors)	Jessica	
				Anne-Caroline	
<u>MARDI</u> (Nautile)	12 H 00 – 14 H 00		FINA (ex minimes – juniors- seniors)	Anne-Caroline	
<u>MERCREDI</u> (St Exupéry)	12 H 00 – 13 H 00	}	FINA (ex minimes – juniors – seniors)	Anne-Caroline	
			Socle	Nathalie	
	(Nautile)	20 H 00 – 21 H 30	}	Promo	Jessica
				loisirs	Aurélie – Nathalie
	20 H 00 – 21 H 45		FINA (ex minimes – juniors – seniors)	Anne-Caroline et Marie-Noëlle	
<u>JEUDI</u> (St Exupéry)	12 H 00 – 13 H 30		FINA (ex minimes – juniors – seniors)	Anne-Caroline	
	18 H 15 – 19 H 30		socle	Nathalie – Nelly	
<u>SAMEDI</u> (St Exupéry)	10 H 00 – 14 H 00		socle	Marie-Noëlle - Nathalie	
	9 H 30 – 14 H 00		FINA (ex minimes - juniors – seniors)	Anne-Caroline	