



HORAIRE PRÉ-SAISON

4 juin au 24 juin 2022

PRE-SEASON SCHEDULE

June 4 to June 24, 2022

Heure	Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi	Dimanche
10 h 00						Bain libre (4 c.) / Nage en couloir (2 c.) 10 h - 11 h 30	
11 h 00		Nage en couloir (6 c.) / Aquaforme 11 h - 13 h				Nage en couloir (6 c.) 11 h 30 - 13 h	
11 h 30			11 h 30 - 12 h 30				
13 h 00		Bain libre (4 c.) / Nage en couloir (2 c.) 13 h - 17 h				Bain libre (6 c.) 13 h - 17 h	
16 h 00					Personnel en formation 16 h - 18 h		
17 h 00		Équipe de natation (6 c.) 17 h - 18 h				Bain libre (4 c.) / Nage en couloir (2 c.) 17 h - 18 h	
18 h 00		Nage en couloir (6 c.) 18 h - 19 h				Nage en couloir (6 c.) 18 h - 19 h	
19 h 00		Bain libre (6 c.) 19 h - 20 h				Bain libre (6 c.) 19 h - 20 h	

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Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10:00 a.m.						Open Swim - 4 lanes / Lap Swim - 2 lanes 10 am - 11:30 am	
11:00 a.m.		Lap Swim - 6 lanes / Aquafit 11 am - 1 pm				Lap Swim - 6 lanes 11:30 am - 1 pm	
11:30 a.m.			11:30 am - 12:30 pm				
1:00 p.m.		Open Swim - 4 lanes / Lap Swim - 2 lanes 1 pm - 5 pm				Open Swim - 6 lanes 1 pm - 5 pm	
4:00 p.m.					Staff Training 4 pm - 6 pm		
5:00 p.m.		Swim Team - 6 lanes 5 pm - 6 pm				Open Swim - 4 lanes / Lap Swim - 2 lanes 5 pm - 6 pm	
6:00 p.m.		Lap Swim - 6 lanes 6 pm - 7 pm				Lap Swim - 6 lanes 6 pm - 7 pm	
7:00 p.m.		Open Swim - 6 lanes 7 pm - 8 pm				Open Swim - 6 lanes 7 pm - 8 pm	

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