

PLANNING DES ENTRAINEMENTS DE NATATION SYNCHRONISEE

| | Centre Aquatique | | Ronde couture | Centre Aquatique | | | Ronde couture | Ronde couture | | |
|--------------------|------------------|-----------------|---------------|------------------|---------------|-----------------|-----------------|-----------------|---------------|---------------|
| | Lundi | | Mercredi | Mercredi | | | Vendredi | Samedi | | |
| | Cosec | Piscine | Piscine | P'tite salle | Salle muscu | Piscine | Piscine | Cosec Capucines | Piscine | Piscine |
| | 18h30 à 19h30 | 19h45 à 21h00 | 12h45 à 14h15 | 18h00 à 19h30 | 18h15 à 19h30 | 19 h45 à 21h00 | 19 h45 à 21h00 | 12h45 à 13h45 | 13h30 à 15h15 | 12h30 à 15h15 |
| Frédérique | Juniors seniors | Juniors seniors | | | | | | | | |
| Hervé | | Cycle 2 | | | | | | | | |
| Hervé | Cycle 1 | Cycle 1 | | | | | | | | |
| Valérie | Nouvelles | | | | | | | | | |
| Sylvie | Cycle 1 | | | | | | | | | |
| Hervé | | | Nouvelles | | | | | | | |
| Sylvie | | | Cycle 1 | | | | | | | |
| Catherine Séverine | | | | | Cycle 2 | Cycle 2 | | | | |
| Christine | | | | Cycle 2 | | Cycle 2 | | | | |
| Frédérique | | | | | | Juniors seniors | | | | |
| Séverine | | | | | | | Nouvelles | | | |
| Perrine | | | | | | | Cycle 1 | | | |
| Frédérique | | | | | | | Juniors seniors | | | |
| Perrine Séverine | | | | | | | | Cycle 2 | Cycle 2 | |
| Catherine | | | | | | | | | Cycle 1 | |
| Christine | | | | | | | | | | Cycle 2 |

| Nouvelles | Cycle 1 | Cycle 1 | Cycle 2 | Cycle 2 | Juniors | Seniors |
|-----------------|-------------------|------------------|------------------|---------------------|--------------------|-------------------|
| Braibant Sydney | Beadoir Maëva | Dardard Camille | Arévalo Tifanie | Deffaux Manon | Frérot Anaïs | Conraux Stéphanie |
| Becret Camille | Bednarczik M.S. | Drecourt Bylitis | Beadoir Margaux | Ditto Floriane | Goddeeris Victoria | Lombard Marion |
| Bryl Laura | Fabert Tatiana | Mozzi Cloé | D'Hénin Camille | Lambert Amandine | Gravelines Laure | |
| Gillet Mathilde | Fauconnier Marine | Pierlot Cécile | Ditto Sarah | Mollet Sonia | Hennequin J.M. | |
| Nowak Cyliane | Garnier Emma | Thomas Pauline | Henrion Juliette | Savard Charlène | | |
| | Lacombe Lina | Tanton Emilie | Lopez Jade | Sommaruga Pauline | Barberis Chloé | |
| | Lambert Romane | | | Takoucht Shéhérazad | Denis Alexandra | |
| | Nenin Elise | | | Yernaux Victorine | Mozet Marion | |
| | Sinet Eva | | | | Pilard Amandine | |