

HORAIRE D'ENTRAÎNEMENT HEBDOMADAIRE / WEEKLY TRAINING SCHEDULE

Groupes Groups	Lundi Monday	Mardi Tuesday	Mercredi Wednesday	Jeudi Thursday	Vendredi Friday	Samedi Saturday	Dimanche Sunday	Season Dates Saison
SENIOR	4pm-6pm	±5:30am-7am 4pm-6pm	4pm-6pm 6:15pm-7pm	±5:30am-7am 4pm-6pm 6:15pm-7pm	4pm-6pm	6am-8:30am	/	10-Sep ... Aug 11 Août
SENIOR B	6pm-7:30pm École Sec. DesSources	/	7:30-8:30pm	7pm-7:30pm 7:30-8:30pm	6pm-7:30pm	6am-8:30am 8:45-9:30am	/	10-Sep ... Aug 11 Août
1A	4pm-6pm	4pm-6pm	4pm-6pm 6:15pm-7pm	4pm-6pm 6:15pm-7pm	4pm-6pm	6am-8:00am	/	10-Sep ... July 14 Juil
1B	5:15pm-6pm 6pm-7:30pm	6pm-7:30pm	6pm-7:30pm	6pm-7:30pm	/	6am-8:00am 8:00-8:45am	/	10-Sep ... July 21 Juil
2A	5:15pm-6pm 6pm-7:30pm	6pm-7:30pm	6pm-7:30pm	6pm-7:30pm	/	6am-8:00am 8:00-8:45am	/	10-Sep ... June 16 Juin
2B	5:15pm-6pm 6pm-7:30pm	6pm-7:30pm	6pm-7:30pm	6pm-7:30pm	/	6am-8:00am 8:00-8:45am	/	10-Sep ... June 16 Juin
2C	4:30pm-6pm École Sec. DesSources	/	/	7pm-7:30pm 7:30-8:30pm	/	3pm-3:45pm 4pm-5:30pm	5:30pm-7pm	10-Sep ... ±June 9 Juin
D1	/	6pm-7:30pm	/	4:30pm-6pm	6pm-7:30pm	/	3pm-3:30pm 4pm-5:30pm	11-Sep ... ±June 9 Juin
D2	/	4:30pm-6pm	/	/	6pm-7:30pm	/	3:30pm-4pm 4pm-5:30pm	11-Sep ... ±June 9 Juin
D3	4:30pm-6pm	/	6pm-7:30pm École Sec. DesSources	/	/	4:30pm-5pm 5:30pm-7pm	/	10-Sep ... ±June 9 Juin
D4	6pm-7:30pm	/	4:30pm-6pm École Sec. DesSources	/	/	5pm-5:30pm 5:30pm-7pm	/	10-Sep ... ±June 9 Juin
D5	/	/	/	/	6pm-7:00pm	4pm-5:00pm	5:30-6:30pm	14-Sep ... ±June 9 Juin
Pre-Dev. 1	/	/	/	6pm-6:45pm	/	5:45-6:30pm	/	13-Sep ... ±June 9 Juin
Pre-Dev. 2	/	/	/	6:45-7:30pm	/	5:00-5:45pm	/	13-Sep ... ±June 9 Juin

YOGA SESSIONS HELD IN DDO AQUATIC CENTRE GYM / SÉANCES DE YOGA ONT LIEU DANS LE GYMNASSE DU CENTRE AQUATIQUE DDO

DRY LAND SESSIONS (APPROPRIATE ATTIRE REQUIRED) / EXERCICE AU SOL (VÊTEMENTS APPROPRIÉS EXIGÉS)

NOTE: The progress of each swimmer is evaluated during competitions that are **MANDATORY** since they are an integral part of training.
... Le progrès de chaque nageur est évalué lors des compétitions. Celles-ci font partie intégrale de l'entraînement et sont **OBLIGATOIRES**.

Pour plus de renseignements consultez le site web : <http://www.ddoswim.com/fr/>

For more information please consult the website: www.ddoswim.com