

Samedi 20 juillet	Groupe 1	Groupe 2
11H00	Premier départ autobus/ 1st departure bus	
11h15	Dîner à la piscine/Lunch at the pool	
11h30	Deuxième départ autobus/ 2nd departure bus	
12h15 -12h35	Arrivée et accueil - Piscine /Arrivals and welcome	
12h35-12h40	Activation/Activation	
12h40-12h45	Préparation/Get ready	
12h45-12h55	Échauffement de natation/Swimmig warm up	
12h55-13h00	Démonstration / Show	
13h00-14h00	Atelier piscine /Workshop at the pool	Atelier piscine /Workshop at the pool
14h00 - 15h00	Atelier piscine /Workshop at the pool	Atelier piscine /Workshop at the pool
15h00-15h15	Pause et Transition/ Break and transition (15 mins)	
15h15 -16h00	Atelier piscine /Workshop at the pool	Atelier piscine /Workshop at the pool
16h00 -16h45	Atelier piscine /Workshop at the pool	Atelier piscine /Workshop at the pool
16h45-17h15	Retour sur la journée, carnet / Review of the day, notebook	
17h15-18h00	Transition / transition	
17h30-18h30	Souper / Dinner	
18h30	Retour a hotel bus /Bus to hotel	

Dimanche 21 juillet	Groupe 1	Groupe 2
7h45	Premier départ autobus/ 1st departure bus	
8h15	Deuxième départ autobus/ 2nd departure bus	
8h30-8h45	Arrivée et accueil - Piscine / Arrivals and welcome (NAT)	
8h45-9h00	Activation/Activation - Échauffement de natation/Swimmnig warm up	
9h00-10h00	Atelier gymnase / Workshop on dry land	Atelier gymnase / Workshop on dry land
10h00-10h15	PAUSE/ Break (15 minutes)	PAUSE/ Break (15 minutes)
10h15-11h15	Atelier gymnase / Workshop on dry land	Atelier gymnase / Workshop on dry land
11h15-11h30	Transition Dîner / Lunch transition	
11h30-12h30	Dîner / Lunch	
12h30-13h30	Conférence + Autographe / Conference + autograph	
13h30-13h45	Transition	
13h45-14h00	Échauffement de natation/Swimmnig warm up (NAT)	
14h00-15h00	Atelier piscine / Workshop at the pool	Atelier piscine / Workshop at the pool
15h00-15h15	PAUSE (15 minutes)	
15h15-16h15	Atelier piscine / Workshop at the pool	Atelier piscine / Workshop at the pool
16h15-16h30	Mot de la fin, carnet / Last word, note book	
16h30-16h45	Transition vers souper / Transition dinner	
16h45	Souper / Dinner	
18h45	Retour a hotel bus / Bus to hotel	

