

0 0 0 | 0 0 0 0



=ZONES ATHLÈTES

SAMEDI AM
9H00-12H25

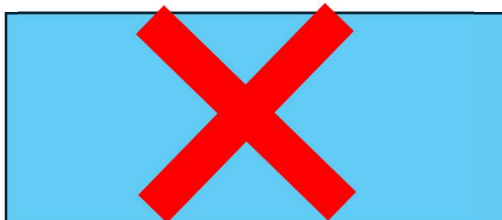


Atelier 2 – Ateliers spécifiques

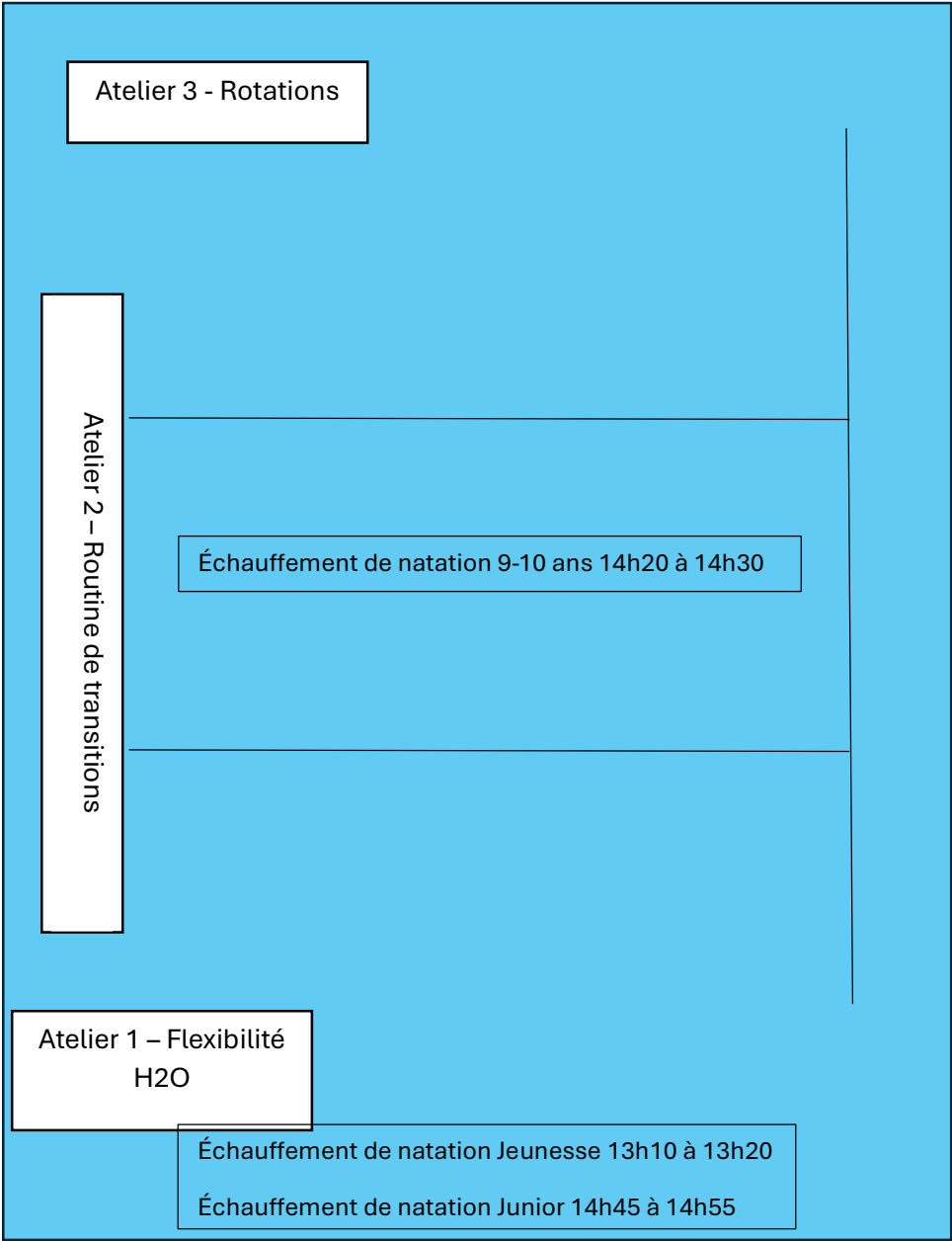
Atelier 1 - Poussées

Échauffement de natation Jeunesse et Junior 11h00 à 11h10

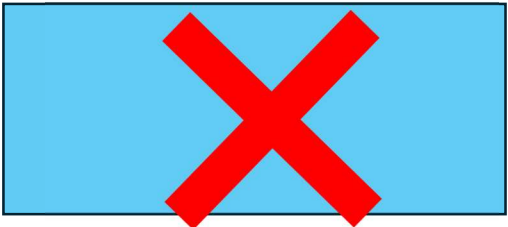
Landrill / FLEX

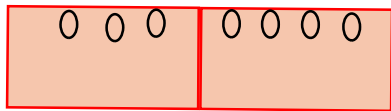


JUGES

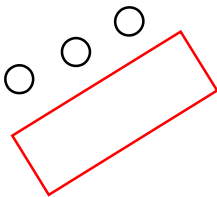


FLEX



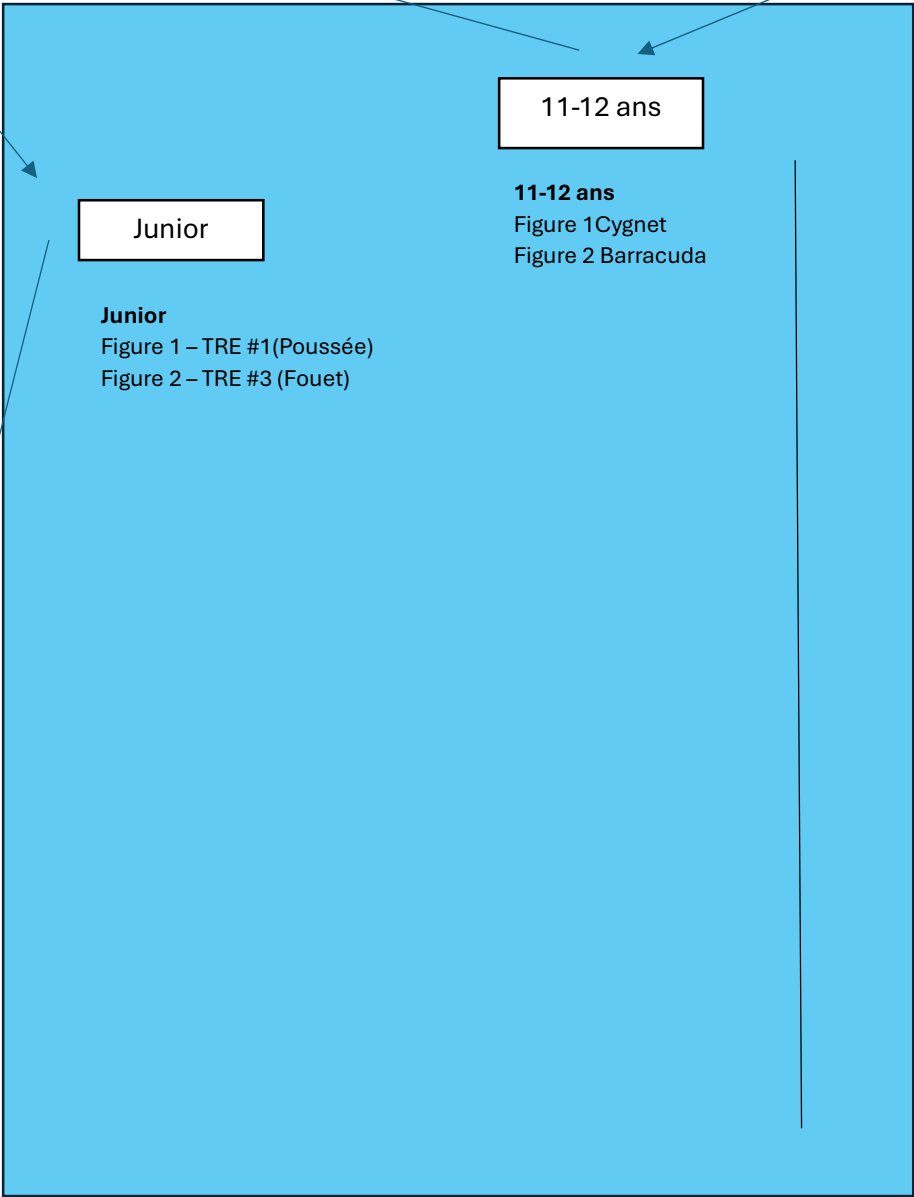


DIMANCHE
11-12 ANS ET JUNIOR
(8H50)

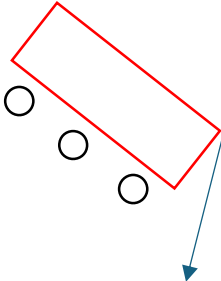
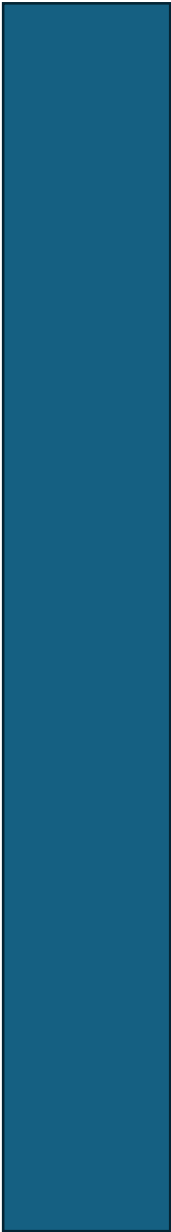


JUGES

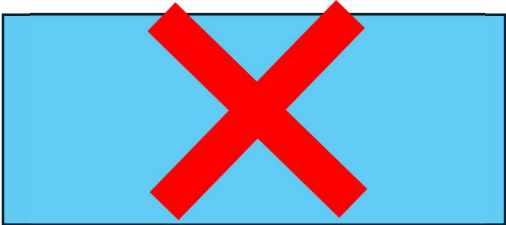
JUGES

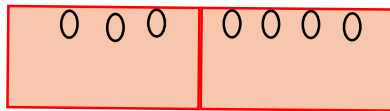


ZONE DES ENTRAÎNEUR.S

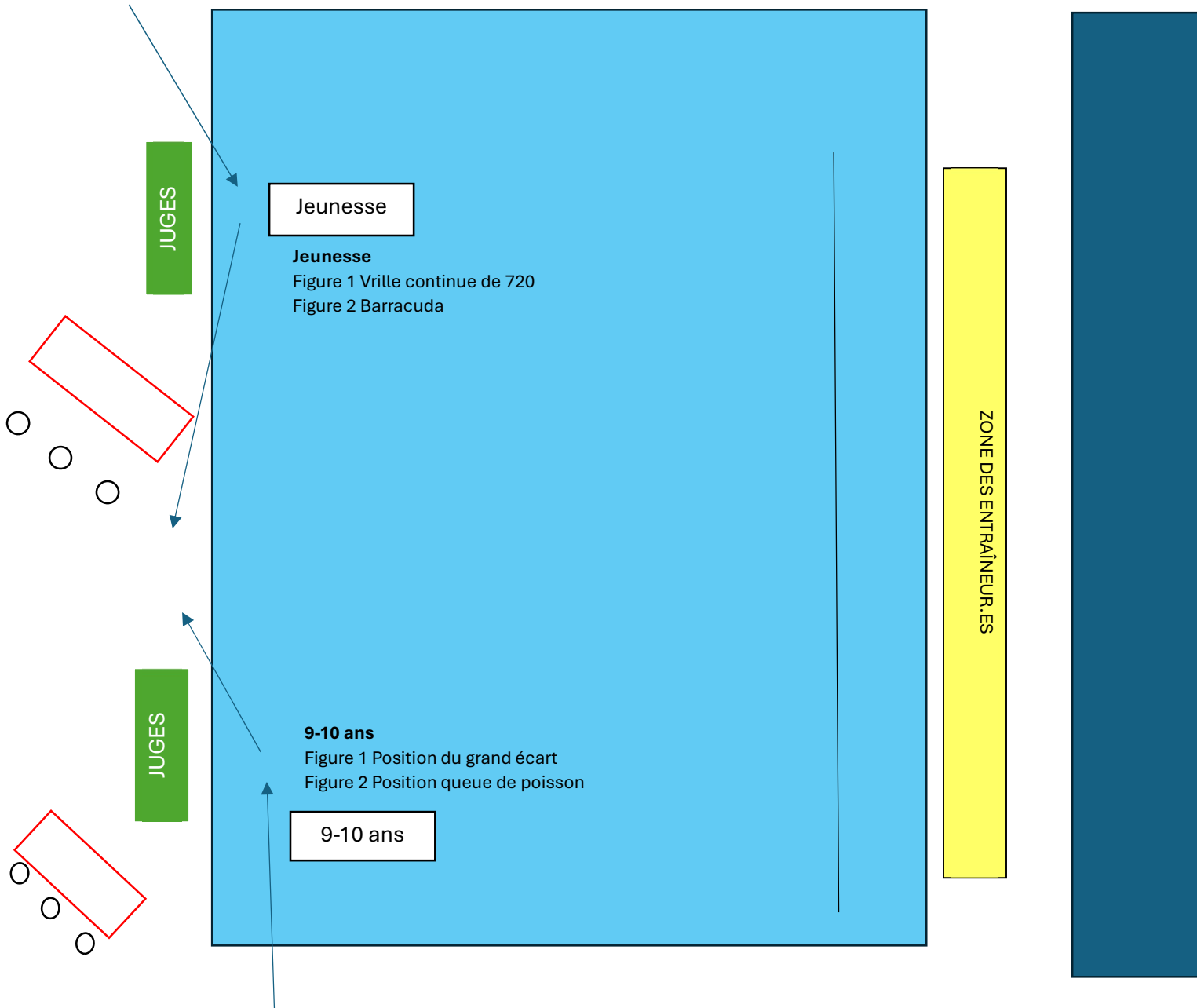


ÉVALUATION DE LA FLEXIBILITÉ





DIMANCHE
9-10 ANS ET JEUNESSE
(10H50)



ÉVALUATION DE LA FLEXIBILITÉ

