



Horaire Pré-Saison

30 mai - 22 juin 2026

Pre-Season Schedule

May 30 - June 22, 2026

HEURE	LUNDI	MARDI	MECREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
10h 00	Fermé					Bain libre (4 c.) Nage en couloir (2 c.) 10 h - 11 h 30	
11h 00	Nage en couloir (6 c.) ~ 11 h - 13 h Aquaforme ~ 11 h 30 - 12 h 30 (Parti Profond)					Nage en couloir 11 h 30 - 13 h	
11h 30						Bain libre (4 c.) Nage en couloir (2 c.) 13 h - 17 h	
13h 00	Équipe de natation 17 h - 18 h					Bain libre (4 c.) Nage en couloir (2 c.) 17 h - 18 h	
16h 00						Nage en couloir 18 h - 19 h	
17h 00	Bain libre 19 h - 20 h 30					Bain libre 19 h - 20 h 30	
18h 00							
19h 00							

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
10:00 AM	Closed					Free Swim (4 lanes) Lap Swim (2 lanes) 10 AM - 11:30 AM	
11:00 AM	Lap Swim (6 lanes) ~ 11 AM - 1 PM AquaFit ~ 11:30 AM - 12:30 PM (Deep End)					Lap Swim 11:30 AM - 1 PM	
11:30 AM						Free Swim (4 lanes) Lap Swim (2 lanes) 1 PM - 5 PM	
1:00 PM	Swim Team 5 PM - 6 PM						
4:00 PM						Lap Swim 6 PM - 7 PM	
5:00 PM	Free Swim 7 PM - 8:30 PM					Free Swim 7 PM - 8:30 PM	
6:00 PM							
7:00 PM							

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