



ACTION DE GRÂCE

du samedi au lundi
les 7, 8, 9 octobre

Comme prévu

**AUCUN PROGRAMME
À L'HORAIRE**

Équipes de nat./plongeon/maîtres : vérifier auprès de votre entraîneur

THANKSGIVING

Saturday to Monday
October 7, 8, 9

As previously planned

**NO PROGRAMS
SCHEDULED**

Swim/Dive/Masters teams: please speak with your coach

HORAIRE DES JOURS FÉRIÉS

Dimanche 8 octobre

Réception : 8 h 30 – 16 h

9 h 30 – 13 h 30 Salle de musculation
10 h – 11 h 30 Natation en couloir (10-50 m)
12 h – 14 h 30 Zone jeux
13 h - 16 h Natation en couloir (10-50 m)
13 h - 16 h Tremplins
14 h 30 – 14 h Natation familiale (6-50 m)

Lundi 9 octobre

Réception : 9 h – 16 h

6 h – 13 h Salle de musculation
9 h – 12 h *Pickleball
9 h – 13 h Tremplins
9h – 13 h Natation en couloir (10-50 m)
12 h – 13 h 30 Adulte nage libre (25 v)
13 h – 14 h 30 *Pickleball
13 h 30 – 16 h Natation familiale (6-50 m)

* Pickleball- par réservation: ludik.pointe-claire.ca

HOLIDAY SCHEDULE

Sunday, October 8

Reception: 8:30 a.m. – 4 p.m.

9:30 a.m. – 1:30 p.m. Weight room
10 a.m. – 11:30 a.m. Lap swim (10-50 m)
12 – 2:30 p.m. Fun Time swim
1 – 4 p.m. Lap swim (10-50 m)
1 – 4 p.m. Diving boards
2:30 – 4 p.m. Family swim (6-50 m)

Monday, October 9

Reception: 9 a.m. – 4 p.m.

6 a.m. – 1 p.m. Weight room
9 a.m. – 12 p.m. *Pickleball
9 a.m. – 1 p.m. Diving boards
9 a.m. – 1 p.m. Lap swim (10-50 m)
12 – 1:30 p.m. Adult leisure swim (25 y)
1 – 2:30 p.m. *Pickleball
1:30 – 4 p.m. Family swim (6-50 m)

* Pickleball- by reservation: ludik.pointe-claire.ca