

| Heure | Lundi | Mardi | Mercredi | Jeudi | Vendredi | Samedi | Dimanche |
|---------|-------|---------------------------------------|-------------------------------------|-------|--------------------------------|----------------------------------|----------------------------------|
| 9 h | | | | | | | |
| 9 h 30 | | | Natation en couloir 9h-10h | | Natation en couloir 9h-10h | | |
| 10 h | | | | | | | |
| 10 h 30 | | | Natation récréative 10h-11h | | Natation récréative 10h-11h | | |
| 11 h | | | | | | | |
| 11 h 30 | | | | | | | |
| 12 h | | | | | | | |
| 12 h 30 | | | Natation en couloir 12h-13h | | Natation en couloir 12h-13h | Natation récréative 11h-13h55 | |
| 13 h | | | | | | | |
| 13 h 30 | | | | | | | |
| 14 h | | | | | | | Natation récréative 12h-15h55 |
| 14 h 30 | | | | | | Natation en couloir 14h-15h | |
| 15 h | | | | | | | |
| 15 h 30 | | | | | | | |
| 16 h | | | | | | | Natation en couloir 16h-16h45 |
| 16 h 30 | | | | | | | |
| 17 h | | | | | | | |
| 17 h 30 | | | | | | | |
| 18 h | | | | | | | |
| 18 h 30 | | | | | | | |
| 19 h | | Natation récréative 18h30-19h40 | | | | | |
| 19 h 30 | | | | | | | |
| 20 h | | Natation en couloir 19h45-21h | Natation récréative 19h30-21h | | | | |
| 20 h 30 | | | | | | | |
| 21 h | | | | | | | |
| 21 h 30 | | | | | | | |