

Planning des séances encadrées saison 2024-2025

| Discipline | | | Natation | Natation | Natation | Natation |
|---------------------|--------------------|-----------|-------------------------------------|---------------------|--------------------------|--------------------------|
| Horaire | | | lundi 19h à 20h | Mardi 18h15 à 19h30 | Mercredi 6h15 à 7h30 | Mercredi |
| Lieu | | | Mare Rouge | Les docks | Cours de la République | Mare rouge |
| Moyens | | | 2 lignes de 25m | 1 ligne de 50m | | |
| Groupes | | | Progression-perfect. et performance | Performance | Performance avec surcoût | Initiation-apprentissage |
| Encadrement | | | HAC triathlon | HAC triathlon | HAC Natation | HAC natation |
| d-Poussin 1 (2017) | BRIAND | Lucas | | | | x |
| d-Poussin 1 (2017) | PEREE/BRASSELET | Zoé | | | | x |
| d-Poussin 1 (2017) | COLBOC | Jules | | | | x |
| d-Poussin 1 (2017) | DURAY RUGGIERO | Alessia | | | | |
| d-Poussin 2 (2016) | LERAT | Jade | | | | x (avenir) |
| d-Poussin 2 (2016) | LOUET | Simon | | | | |
| d-Poussin 2 (2016) | LAPEL | Hugo | | | | x |
| e-Pupille 1 (2015) | DELAVACRIE | Chloé | x | | | |
| e-Pupille 1 (2015) | LHEUREUX | Lisandro | | | | |
| e-Pupille 1 (2015) | LEMAIRE | Hector | | | | x |
| e-Pupille 1 (2015) | POUPEL | Marceau | | | | x |
| e-Pupille 1 (2015) | LAPEL | Théo | | | | x |
| f-Pupille 2 (2014) | FLAMBART | Léa | | | | ? |
| f-Pupille 2 (2014) | STEPHAN | Elouane | | | | |
| f-Pupille 2 (2014) | RIGAUDIERE | Gabriel | | | | |
| f-Pupille 2 (2014) | BENET | Paul | | | | x |
| f-Pupille 2 (2014) | MASCARELL | Alexis | x | | | |
| f-Pupille 2 (2014) | GUILLAUME | Loris | | | | x |
| g-Benjamin 1 (2013) | ANTONIN | Neil | x | | | |
| g-Benjamin 1 (2013) | DIENIS | Raphael | x | | | |
| g-Benjamin 1 (2013) | DELAVACRIE | Manon | x | x | | |
| g-Benjamin 1 (2013) | LE CARRER | Adele | | | | |
| h-Benjamin 2 (2012) | MALLARD | Charlotte | x | | | |
| h-Benjamin 2 (2012) | LOTFI | Isaac | x | | | |
| i-Minime 1 (2011) | LE PAPE | Cléa | x | x | | |
| i-Minime 1 (2011) | LERAT | Ambre | x | | | |
| i-Minime 1 (2011) | DUTHIL | Jeanne | x | | | |
| i-Minime 1 (2011) | LELU DE BRACH | Camille | x | | | |
| j-Minime 2 (2010) | LE PAPE | Arthur | x | x | | |
| j-Minime 2 (2010) | LE CARRER | Baptiste | x | | | |
| j-Minime 2 (2010) | GUELMY | Wassim | x | | | |
| j-Minime 2 (2010) | MASCARELL | Laura | x | | | |
| j-Minime 2 (2010) | GUILLAUME | Léa | x | | | |
| k-Cadet 1 (2009) | REAL | Maxime | x | x | | |
| k-Cadet 1 (2009) | COLLONNIER | Martin | | x | | |
| k-Cadet 1 (2009) | HILLION | Clément | x | | | |
| k-Cadet 1 (2009) | LEPREVOST | Anthime | x | x | | |
| k-Cadet 1 (2009) | DELAMARE | Gabin | x | | | |
| l-Cadet 2 (2008) | LEBOURG | Clément | | x | x | |
| l-Cadet 2 (2008) | YVINEC | Andreas | x | | | |
| l-Cadet 2 (2008) | BRASSE | Martin | x | x | | |
| l-Cadet 2 (2008) | DE MONES DEL PUJOL | Zoé | | x | x | |
| l-Cadet 2 (2008) | RAULET | Jeanne | x | x | | |
| m-Junior 1 (2007) | LEBOURG | Quentin | | x | x | |
| m-Junior 1 (2007) | ZACZKOWSKI | Charline | | x | x | |
| m-Junior 1 (2007) | BERTELLE | Antoine | | | | |
| n-Junior 2 (2006) | REAL | Lucas | | | | |
| n-Junior 2 (2006) | STEPHAN | Enora | | x | | |

Effectifs

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Planning des séances encadrées saison 2024-2025

| Discipline | | | Vélo/CAP | Natation | CAP/PPG | Natation |
|---------------------|--------------------|-----------|--------------------|--------------------------|-------------------------------------|--------------------------|
| Horaire | | | Mercredi 14h à 16h | Mardi 6h15 à 7h30 | Jeudi 18h30 à 20h | Vendredi 6h15 à 7h30 |
| Lieu | | | Forêt de Montgeon | Cours de la République | Stade Ladoumègues | Cours de la République |
| Moyens | | | Tout | | Piste d'athlé | |
| Groupes | | | Tous les groupes | Performance avec surcoût | Progression-perfect. et performance | Performance avec surcoût |
| Encadrement | | | HAC triathlon | HAC Natation | HAC triathlon | HAC Natation |
| d-Poussin 1 (2017) | BRIAND | Lucas | X | | | |
| d-Poussin 1 (2017) | PEREE/BRASSELET | Zoé | X | | | |
| d-Poussin 1 (2017) | COLBOC | Jules | X | | | |
| d-Poussin 1 (2017) | DURAY RUGGIERO | Alessia | X | | | |
| d-Poussin 2 (2016) | LERAT | Jade | X | | | |
| d-Poussin 2 (2016) | LOUET | Simon | X | | | |
| d-Poussin 2 (2016) | LAPEL | Hugo | X | | | |
| e-Pupille 1 (2015) | DELAVACRIE | Chloé | X | | | |
| e-Pupille 1 (2015) | LHEUREUX | Lisandro | X | | | |
| e-Pupille 1 (2015) | LEMAIRE | Hector | X | | | |
| e-Pupille 1 (2015) | POUPEL | Marceau | X | | | |
| e-Pupille 1 (2015) | LAPEL | Théo | X | | | |
| f-Pupille 2 (2014) | FLAMBART | Léa | X | | | |
| f-Pupille 2 (2014) | STEPHAN | Elouane | X | | | |
| f-Pupille 2 (2014) | RIGAUDIERE | Gabriel | X | | | |
| f-Pupille 2 (2014) | BENET | Paul | X | | | |
| f-Pupille 2 (2014) | MASCARELL | Alexis | X | | | |
| f-Pupille 2 (2014) | GUILLAUME | Loris | X | | | |
| g-Benjamin 1 (2013) | ANTONIN | Neil | X | | | |
| g-Benjamin 1 (2013) | DIENIS | Raphael | X | | | |
| g-Benjamin 1 (2013) | DELAVACRIE | Manon | X | | | |
| g-Benjamin 1 (2013) | LE CARRER | Adele | X | | | |
| h-Benjamin 2 (2012) | MALLARD | Charlotte | X | | | |
| h-Benjamin 2 (2012) | LOTFI | Isaac | X | | | |
| i-Minime 1 (2011) | LE PAPE | Cléa | X | | X | |
| i-Minime 1 (2011) | LERAT | Ambre | X | | X | |
| i-Minime 1 (2011) | DUTHIL | Jeanne | X | | X | |
| i-Minime 1 (2011) | LELU DE BRACH | Camille | X | | X | |
| j-Minime 2 (2010) | LE PAPE | Arthur | X | | X | |
| j-Minime 2 (2010) | LE CARRER | Baptiste | X | | X | |
| j-Minime 2 (2010) | GUELMY | Wassim | X | | X | |
| j-Minime 2 (2010) | MASCARELL | Laura | X | | X | |
| j-Minime 2 (2010) | GUILLAUME | Léia | X | | X | |
| k-Cadet 1 (2009) | REAL | Maxime | X | | X | |
| k-Cadet 1 (2009) | COLLONNIER | Martin | X | | X | |
| k-Cadet 1 (2009) | HILLION | Clément | X | | X | |
| k-Cadet 1 (2009) | LEPREVOST | Anthime | X | | X | |
| k-Cadet 1 (2009) | DELAMARE | Gabin | X | | X | |
| l-Cadet 2 (2008) | LEBOURG | Clément | X | X | X | X |
| l-Cadet 2 (2008) | YVINEC | Andreas | X | | X | |
| l-Cadet 2 (2008) | BRASSE | Martin | X | | X | |
| l-Cadet 2 (2008) | DE MONES DEL PUJOL | Zoé | X | X | X | X |
| l-Cadet 2 (2008) | RAULET | Jeanne | X | | X | |
| m-Junior 1 (2007) | LEBOURG | Quentin | X | X | X | X |
| m-Junior 1 (2007) | ZACZKOWSKI | Charline | X | X | X | X |
| m-Junior 1 (2007) | BERTELLE | Antoine | X | | X | |
| n-Junior 2 (2006) | REAL | Lucas | | | X | |
| n-Junior 2 (2006) | STEPHAN | Enora | X | | X | |

Effectifs

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Planning des séances encadrées saison 2024-2025

| Discipline | | | Natation | Natation | Natation | Natation |
|---------------------|--------------------|-----------|--------------------|--------------------|----------------------|------------------------------|
| Horaire | | | Vendredi 17h à 18h | Vendredi 18h à 19h | Vendredi 18h15 à 19h | Samedi |
| Lieu | | | Mare Rouge | Mare Rouge | Mare rouge | E Thomas |
| Moyens | | | 2 lignes de 25m | 1 ligne de 25m | 1 ligne de 25m | |
| Groupes | | | | | | Initiation- apprentissage |
| Encadrement | | | HAC triathlon | HAC triathlon | HAC triathlon | HAC natation |
| d-Poussin 1 (2017) | BRIAND | Lucas | | | X | |
| d-Poussin 1 (2017) | PEREE/BRASSELET | Zoé | | | X | |
| d-Poussin 1 (2017) | COLBOC | Jules | | | X | |
| d-Poussin 1 (2017) | DURAY RUGGIERO | Alessia | | | X | X |
| d-Poussin 2 (2016) | LERAT | Jade | | | X | X (avenir) |
| d-Poussin 2 (2016) | LOUET | Simon | | | X | X |
| d-Poussin 2 (2016) | LAPEL | Hugo | | | X | |
| e-Pupille 1 (2015) | DELAVACRIE | Chloé | X | | | |
| e-Pupille 1 (2015) | LHEUREUX | Lisandro | | | X | |
| e-Pupille 1 (2015) | LEMAIRE | Hector | | | X | |
| e-Pupille 1 (2015) | POUPEL | Marceau | | | X | |
| e-Pupille 1 (2015) | LAPEL | Théo | | | X | |
| f-Pupille 2 (2014) | FLAMBART | Léa | | | X | ? |
| f-Pupille 2 (2014) | STEPHAN | Elouane | | | X | |
| f-Pupille 2 (2014) | RIGAUDIERE | Gabriel | | | X | X |
| f-Pupille 2 (2014) | BENET | Paul | | | X | X |
| f-Pupille 2 (2014) | MASCARELL | Alexis | X | | | |
| f-Pupille 2 (2014) | GUILLAUME | Loris | | | X | |
| g-Benjamin 1 (2013) | ANTONIN | Neil | X | | | |
| g-Benjamin 1 (2013) | DIENIS | Raphael | X | | | |
| g-Benjamin 1 (2013) | DELAVACRIE | Manon | X | | | |
| g-Benjamin 1 (2013) | LE CARRER | Adele | X | | | |
| h-Benjamin 2 (2012) | MALLARD | Charlotte | | X | | |
| h-Benjamin 2 (2012) | LOTFI | Isaac | X | | | |
| i-Minime 1 (2011) | LE PAPE | Cléa | | X | | |
| i-Minime 1 (2011) | LERAT | Ambre | | X | | |
| i-Minime 1 (2011) | DUTHIL | Jeanne | X | | | |
| i-Minime 1 (2011) | LELU DE BRACH | Camille | X | | | |
| j-Minime 2 (2010) | LE PAPE | Arthur | | X | | |
| j-Minime 2 (2010) | LE CARRER | Baptiste | X | | | |
| j-Minime 2 (2010) | GUELMI | Wassim | X | | | |
| j-Minime 2 (2010) | MASCARELL | Laura | X | | | |
| j-Minime 2 (2010) | GUILLAUME | Léia | | X | | |
| k-Cadet 1 (2009) | REAL | Maxime | | X | | |
| k-Cadet 1 (2009) | COLLONNIER | Martin | | | | |
| k-Cadet 1 (2009) | HILLION | Clément | | X | | |
| k-Cadet 1 (2009) | LEPREVOST | Anthime | X | | | |
| k-Cadet 1 (2009) | DELAMARE | Gabin | | X | | |
| l-Cadet 2 (2008) | LEBOURG | Clément | | | | |
| l-Cadet 2 (2008) | YVINEC | Andreas | X | | | |
| l-Cadet 2 (2008) | BRASSE | Martin | | X | | |
| l-Cadet 2 (2008) | DE MONES DEL PUJOL | Zoé | | | | |
| l-Cadet 2 (2008) | RAULET | Jeanne | X | | | |
| m-Junior 1 (2007) | LEBOURG | Quentin | | | | |
| m-Junior 1 (2007) | ZACZKOWSKI | Charline | | | | |
| m-Junior 1 (2007) | BERTELLE | Antoine | | | | |
| n-Junior 2 (2006) | REAL | Lucas | | | | |
| n-Junior 2 (2006) | STEPHAN | Enora | | | | |

Effectifs

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