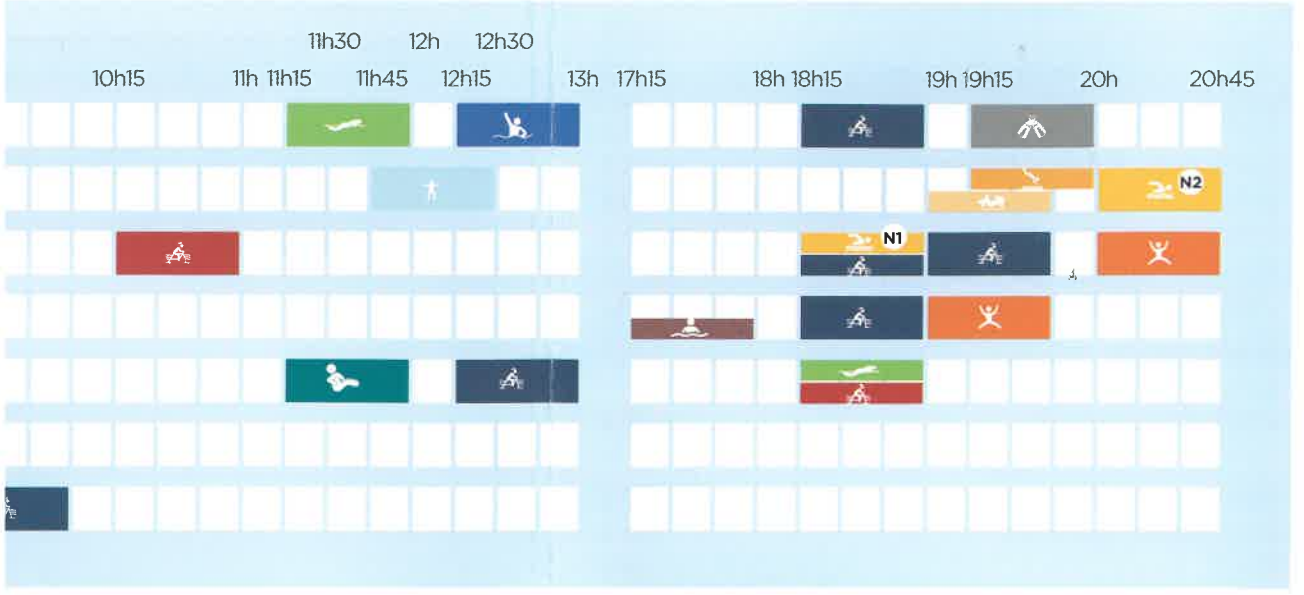
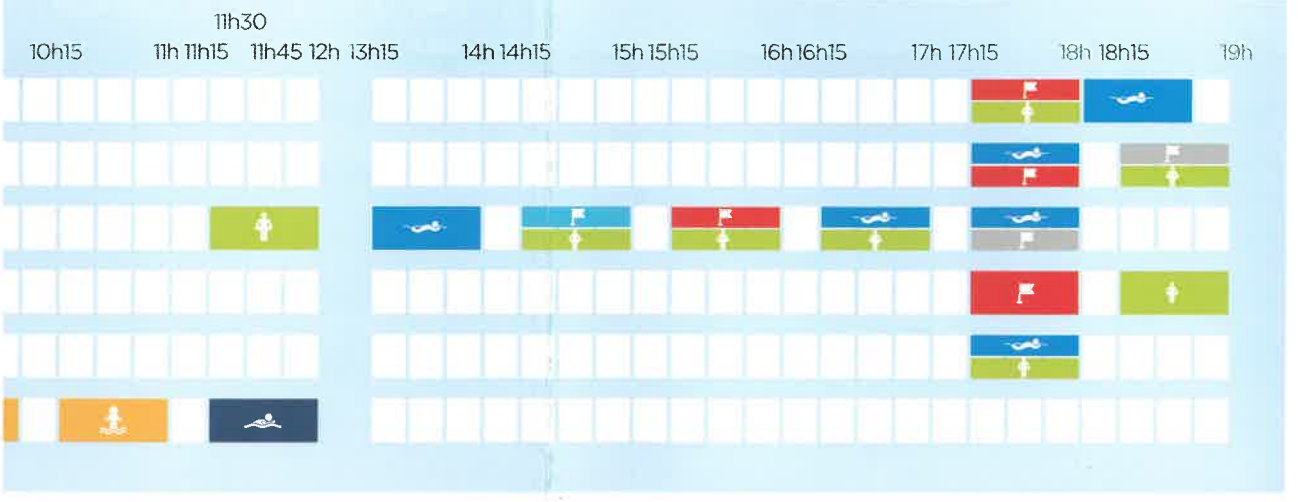
# PLANNING **ACTIVITÉS ADULTES**




AquaGym
AquaDouce
Circuit Training
Apprentissage
Perfectionnement
Nage Sportive
N1 Niveau 1 N2 Niveau 2
AquaBike
AquaCycling
CardioBike
AquaTonic
AquaPhobie
AquaPalming
Retraite Sportive

# PLANNING **ACTIVITÉS ENFANTS**




Bébé à l'eau
CircuitKids
AquaSafe
Académie des kids
Cap Rouge
Cap Blanc
Cap Bleu