



GYM-HOMMES DE SAINT-PREX - Planning des entraînements Saison 2012

| Collation | Monteurs | | Equilibre / Thérapand | Ballon thérapeutique | Mini-trampoline | Engins divers | Medicine-ball | Barres parallèles | Circuit training / postes | Haltères | Anneaux | Espaliers | Reck | Moquette | Préparation soirée + Jeux | BADMINTON / DIVERS | HOCKEY + DIVERS | VOLLEYBALL / HANDBALL | BASKETBALL | TCHOUKBALL + DIVERS | FOOT / FOOT-TENNIS |
|---|----------|----------|---|----------------------|-----------------|---------------|---------------|-------------------|---------------------------|----------|---------|-----------|------|----------|---------------------------|--------------------|-----------------|-----------------------|------------|---------------------|--------------------|
| | | 10.01 | | | | | | | | X | | | | | | | | X | | | |
| | AB | 17.01 | Leçon de basket | | | | | | | | | | | | | | | | | | |
| | | 24.01 | | | X | | | | | | | | | | | | X | | | X | |
| | COM | 27.01 | Assemblée générale GH - 18h30 au carnotzet communal | | | | | | | | | | | | | | | | | | |
| ☺ | | 31.01 | | | | X | | | | | | | | | | | | | | X | |
| | | 4.02 | Sortie à ski - Gym St-Prex - 06h45 Cherrat (limite inscription 25 janvier) | | | | | | | | | | | | | | | | | | |
| | JMR | 7.02 | Sortie raquette - 18h45 Col du Mollendruz | | | | | | | | | | | | | | | | | | |
| | | 14.02 | | | | | | | | | X | | | | | | | | | | X |
| ☺ | | 21.02 | | | | | | | | | | | | X | | | | | | | X |
| Relâches du Ve 24.02 au Lu 05.03 | | | | | | | | | | | | | | | | | | | | | |
| | DO | 4.03 | Tournoi de Lonay - 7h30 Cherrat | | | | | | | | | | | | | | | | | | |
| | | 6.03 | | | | X | | | X | | | | | | | | X | | | | |
| | | 13.03 | | | | | | | | | | X | | | | X | | | | | |
| | | 20.03 | | | | | | | | | | | X | | | | | X | | | |
| ☺ | MAF | 27.03 | Leçon de yoga | | | | | | | | | | | | | | | | | | |
| | | 3.04 | | | | X | | | | | | | | | | | | X | | | |
| Vacances de Pâques du Je 05.04 au Lu 23.04 | | | | | | | | | | | | | | | | | | | | | |
| ☺ | DO | 24.04 | Piscine Yverdon - 18h15 Cherrat | | | | | | | | | | | | | | | | | | |
| | | 1.05 | | | | X | | | | | | | | | | | | | | | |
| | COM | 8.05 | Marche nature - 18h30 Cherrat | | | | | | | | | | | | | | | | | | |
| | AB | 15.05 | Leçon de basket | | | | | | | | | | | | | | | | | | |
| | | 22.05 | | | X | X | | | | | | | | | | | | | | | X |
| ☺ | MAP | 29.05 | Gym tonique | | | | | | | | | | | | | | | | | | |
| | | 5.06 | X | | | | | | | | | | | | | | | | | | X |
| | COM | 12.06 | Sortie vélo - 18h30 Cherrat | | | | | | | | | | | | | | | | | | |
| | | 19.06 | X | | | | | | | | | | | | | | | | | | |
| ☺ | DO | 26.06 | Rames 19h00 Local sauvetage // Gala de clôture FSG - 20h00 Cherrat | | | | | | | | | | | | | | | | | | |
| | COM | 3.07 | Gym Hommes - Gymnadames - Grillades - 18h15 Cherrat | | | | | | | | | | | | | | | | | | |
| Vacances scolaires du Ve 06.07 au Lu 27.08 | | | | | | | | | | | | | | | | | | | | | |
| ☺ | JMR | 28.08 | Piste vita - Cherrat 19h15 | | | | | | | | | | | | | | | | | | |
| | | 4.09 | Challenge Gottraux interne GH - 20h | | | | | | | | | | | | | | | | | | |
| | | 8 & 9.09 | Challenge Gottraux + 8.09: Tournoi de volley - 17h00 Cherrat | | | | | | | | | | | | | | | | | | |
| | | 11.09 | | | X | X | | | | | | | | | | | | | | | X |
| | | 18.09 | | | | | | | | | | | | X | | | | X | | | |
| ☺ | | 25.09 | Séance surprise - Cherrat 19h45 | | | | | | | | | | | | | | | | | | |
| | | 2.10 | | | | | X | | | | | | X | | | | X | | | | |
| | | 9.10 | | | | | | | | X | | | | | | | | X | | | |
| | GG | 23.10 | Soirée pétanque, lieu et horaire selon communication | | | | | | | | | | | | | | | | | | |
| Vacances scolaires du Ve 12.10 au Lu 29.10 | | | | | | | | | | | | | | | | | | | | | |
| ☺ | | 30.10 | X | | | | X | | | | | | | | | | | | | | X |
| | | 6.11 | | | | | | | | | | | | | X | | X | | | | |
| | | 13.11 | | | | | | | | | | | | | X | | X | | | | |
| | MB | 20.11 | | | | | | | | | | | | | X | | X | | | | |
| ☺ | JMR | 27.11 | 100% préparation soirée | | | | | | | | | | | | | | | | | | |
| | SOI | 2.12 | 1ère générale - env 19h Cherrat | | | | | | | | | | | | | | | | | | |
| | MB | 4.12 | Entraînement volley pour tournoi interne (sous réserve disponibilité salle) | | | | | | | | | | | | | | | | | | |
| | SOI | 5.12 | 2ème générale - 18h30 Cherrat | | | | | | | | | | | | | | | | | | |
| | SOI | 7 & 8.12 | Soirée annuelle - 19h30 Cherrat | | | | | | | | | | | | | | | | | | |
| | | 11.12 | Bowling & Repas après soirée - 18h45 Echandens | | | | | | | | | | | | | | | | | | |
| | | 18.12 | Tournoi interne Volley - Cherrat 19h15 | | | | | | | | | | | | | | | | | | |
| Vacances de Noël du Ve 21 déc au Lu 7 jan - Reprise le 08.01.2013 | | | | | | | | | | | | | | | | | | | | | |
| | | 8.01 | | | X | | | | | | | | | | | | X | | | | |
| | AB | 15.01 | Leçon de basket | | | | | | | | | | | | | | | | | | |
| | | 22.01 | X | | | | | | | | | | | | | | | X | | | |
| | COM | 25.01 | Assemblée générale GH - 18h30 au carnotzet communal | | | | | | | | | | | | | | | | | | |

Légende



Entraînement standard le mardi en salle - 20h

Activités sportives le mardi hors salle ou spéciales - horaire et lieu selon communication

Autres activités en dehors du mardi - horaire et lieu selon communication