

PLANNING ACTIVITES EMS MULTISPORTS 2024 / 2025

| Jours | Horaires lieu | Cycles | 4 ans | | 5 ans | | 6 ans | | 7 ans | | 8 – 9 ans | | 10 – 11 ans | | 12-14 ans | | 15 - 17 ans | | | | | | | | | | | | | | | | | | | |
|----------|-------------------------------|---------------------|--------------------|--------------------------------|--------------|--------------------------------|-----------------------------|--------------------------------|-------------|--------------------------------|--------------------------|--------------------------------|---------------|--------------------------------------|--------------------------------------|--|---------------|--|-------------|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|------------|
| | | | Lundi | 17h – 18h30 Gymnase Mermoz | C1 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | C2 | Boxe | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | C3 | Basket | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | C4 | Gymnastique | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | C5 | Athlétisme | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | C1 | Traditionnels / Mot | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Mardi | C2 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | C3 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | Cirque |
| | C4 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | Tchoukball |
| | C5 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | Boxe |
| | C1 | | | Athlétisme | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | C2 | Traditionnels / Mot | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Mercredi | | | Gymnase Mermoz | | | | Gymnase Mermoz 6 / 7 ans | | | | Gymnase Jules Ladoumègue | | | | Gymnase Richard Dacoury | | | | | | | | | | | | | | | | | | | | | |
| | | | 10H45/12H | | 9H15 – 10h30 | | 14H / 15h30 | | 15h30/ 17 H | | 14h00 – 15h30 | | 15h30 – 17h00 | | 17h30-19h15 | | 19h15 - 21h00 | | | | | | | | | | | | | | | | | | | |
| | | C1 | Parcours Motricité | Jeux Traditionnels / Motricité | | Jeux Traditionnels / Motricité | | Jeux Traditionnels / Motricité | | Jeux Traditionnels / motricité | | Jeux Traditionnels / motricité | | selon programme défini par le groupe | selon programme défini par le groupe | | | | | | | | | | | | | | | | | | | | | |
| | | C2 | Judo | Judo | | Escrime | | Escrime | | Badminton | | Tennis de Table | | | | | | | | | | | | | | | | | | | | | | | | |
| | | C3 | Gymnastique | Gymnastique | | Gymnastique | | Gymnastique | | Handball | | Tchoukball | | | | | | | | | | | | | | | | | | | | | | | | |
| | | C4 | Jeux de ballons | Jeux de ballons | | Handball | | Handball | | Judo | | Boxe | | | | | | | | | | | | | | | | | | | | | | | | |
| | | C5 | Vélo | Vélo | | Vélo | | Vélo | | Roller Hockey | | Roller Hockey | | | | | | | | | | | | | | | | | | | | | | | | |
| Jeudi | 17h – 18h30 Gymnase Mermoz | C1 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | C2 | | | | | | | | | | | | | | | | | Kinball | | | | | | | | | | | | | | | | | |
| | | C3 | | | | | | | | | | | | | | | | | Gymnastique | | | | | | | | | | | | | | | | | |
| | | C4 | | | | | | | | | | | | | | | | | Basket Ball | | | | | | | | | | | | | | | | | |
| | | C5 | | | | | | | | | | | | | | | | | Athlétisme | | | | | | | | | | | | | | | | | |
| Vendredi | 17h – 18h30 Gymnase Mermoz | C1 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | C2 | | | | | | | | | | | | | | | | | Dodge Ball | | | | | | | | | | | | | | | | | |
| | | C3 | | | | | | | | | | | | | | | | | Gymnastique | | | | | | | | | | | | | | | | | |
| | | C4 | | | | | | | | | | | | | | | | | Athlétisme | | | | | | | | | | | | | | | | | |
| | | C5 | | | | | | | | | | | | | | | | | Badminton | | | | | | | | | | | | | | | | | |
| | | Rugby | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

**Concernant les activités Roller et Vélo, il est impératif d'apporter son matériel personnel.
En cas d'impossibilité prévenir les éducateurs en amont du cycle afin de trouver une solution.**

Cycles : C1 du 09/09 au 18/10/2024, C2 du 04/11 au 20/12/2024, C3 du 06/01 au 14/02/2025, C4 du 03/03 au 11/04/2025, C5 du 28/04 au 20/06/2025



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