

USEFUL INFORMATION

Members

Members

Every military still in service, their husbands or wives and their children
Non-military staff and retired staff from the Ministry of Armed Forces, their husbands or wives and their children

Authorized members

Persons who are not working for the Ministry of Armed Forces (depending on the remaining places)

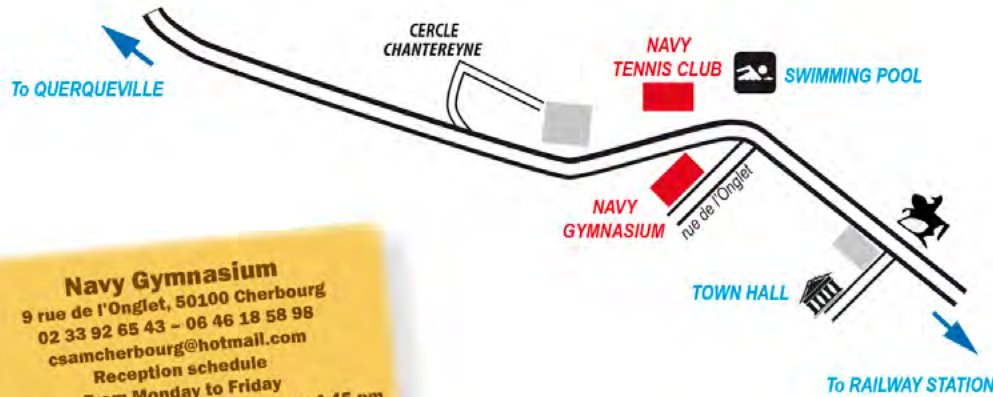
Membership

To become a member of the NASC, you have to...

Fill in the registration paper
Join 2 ID photos, a maximum 1 year old medical certificate or fill in the health questionnaire (except for the Models and the gardening)

A proof that you belong to the Ministry of Armed Forces
Your payment (paycheck, cash...)

Uncompleted files won't be accepted



Navy Gymnasium
9 rue de l'Onglet, 50100 Cherbourg
02 33 92 65 43 - 06 46 18 58 98
csamcherbourg@hotmail.com
Reception schedule
From Monday to Friday
From 9 am to 12 pm and from 2 pm to 4:45 pm

Navy Tennis Club
NASC secretariat
3 rue Chantereyne, 50100 Cherbourg
02 33 92 69 25
From Monday to Friday
From 9 am to 12:00 pm and from 2 pm to 4:45 pm (5 pm on Mondays)
On Saturdays from 9 am to 12 pm

**The NASC,
more than 1200 members
and 60 volunteers at the ser-
vice of your passions !**

The French Navy Artistic and Sportive Club of Cherbourg


SEASON 2020 - 2021



19 SECTIONS
Sports, Arts, Spare time activities...



SPORTING ACTIVITIES



Airsoft

On Mondays to Fridays between 6 and 11 pm
On Week-Ends and Bank Holydays between 10 am and 7 pm
For more information : 02 33 92 68 05



Sportive awakening

On Wednesdays
4 to 5 y.o. 2:15-3 pm
3 to 4 y.o. 3:15-4 pm
For more information : 06 46 18 58 98



Swimming (Querqueville)*

Free swimming on Mondays, Tuesdays, Thursdays from 11:40 am to 12:40 am, on Mondays, Tuesday from 5:30 to 6:45 pm, on Wednesdays from 4:30 pm to 8:45 pm, on Saturdays from 2:00 to 3:45
Swimming School on Wednesdays from 2:40 to 3:40 pm
For more informations 02 33 92 69 25



Bowling (Companies)

Cherbourg Bowling Center
Trainings on Mondays, Tuesdays, Thursdays from 6 to 7:30 pm



Golf (French Golf Federation)

Trainings on the Saline Practice field
Competitions in Normandie and the "Grand Ouest"
For more information : 02 33 23 31 61



Multisport (Rochambeau)*

In Rochambeau gymnasium
During the week from 12 pm to 1:30 pm
For more information : 02 33 92 69 25



Orienteering course

One trip on Saturday mornings in the north Cotentin - One trip every 2 months in the Manche and the Galvados
For more information : 06 32 90 26 64 (after 6 pm)



Judo/Jujitsu (French Judo)

5-6 y.o., on Wednesdays from 4:30 to 5:30 pm
6-9 y.o., on Wednesdays from 5:30 to 6:30 pm and on Fridays from 5 to 6 pm
10-14 y.o., on Wednesdays from 6:30 to 7:30 pm and on Fridays from 6 to 7 pm



Multisport (Querqueville)**

In the Ecole des Fourmiers gymnasium
On Tuesdays and Thursdays from 5:30 to 7:15 pm - On Wednesdays from 11:40 am to 12:40 pm and from 4:30 to 7:15 pm - On Saturdays from 9 am to 11:45 pm
For more information : 02 33 92 95 13



Cross Training

On Mondays from 12:15 to 1:15 pm and 6:30 pm to 7:30 pm
On Tuesdays from 12:15 to 1:15 pm
On Wednesdays from 6:30 to 7 pm
On Fridays from 12:15 to 1:15 pm



Body-building and Cardio training

During the week from 9:30 am to 1:30 pm and from 4:45 to 7:30 pm
On Fridays from 9:30 am to 1 pm and from 4 to 7 pm
Free training or individual supervised training



Tennis/Squash/Badminton

Training, competition and Tennis school
During the week from 8 am to 10 pm
On Week-ends from 9 am to 10 pm
For more information : 02 33 92 57 51



Indoor Biking

On Tuesdays from 6:00 pm to 7:00 pm
On Thursdays from 6:00 pm to 7:00 pm
One hour per week



Body-Building (Competition)

Supervised trainings
Preparation for local, regional and national competitions




ARTISTIC ACTIVITIES



La Bicoque (design activities)


The French Navy gymnasium
Premises of the Ensemble Immobilier de l'Abbaye
Schedules depending on the activities
For more information : 06 48 53 13 79



Models

In the Cercle Chantereyne
From 18 y.o. - On Tuesdays and Thursdays from 8:30 pm to midnight, On Saturdays from 10 am to 9 pm
For more information : 06 78 47 99 60

SPARE TIME ACTIVITIES



The Navy gardens

In Équeurdreville on the Goths Site and the Réservoir des Fourches
For more information : 02 33 92 65 43

NAUTICAL ACTIVITIES



CNMC

Cruises - Regattas - Trainings
For more information : 02 33 92 65 10
www.cnm-cherbourg.fr
secretariat@cnm-cherbourg.fr

More prices and information on :
www.cerclebdd-cherbourg.com