  **SPORTS CAMP** 

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| **MORNING**  from 08.35 till 11.55 | **AFTERNOON**  from 13.00 till 16.00 |
| **the first three weeks of July and the last two weeks of August , Azam proposes a training course of swimming for your children in the morning**.  Week of 01/07/2020 till 03/07/2020 3 days  Week of 06/07/2020 au 10/07/2020 5 days  Week of 13/07/2020 au 17/07/2020 5 days Week of 17/08/2020 au 21/08/2020 5 days  Week of 24/08/2020 au 28/08/2020 5 days | **Every afternoon of the first three weeks of July and the last two weeks of August, Azam propose a “sports’ camp” for your children.**  Week of 01/07/2020 till 03/07/2020 3 days  Week of 06/07/2020 au 10/07/2020 5 days  Week of 13/07/2020 au 17/07/2020 5 days  Week of 17/08/2020 au 21/08/2020 5 days  Week of 24/08/2020 au 28/08/2020 5 days |
| **Venue:**  Piscine New Archimède  5, av d’Italie  1050 Ixelles | **Venue:**  BEPS  23, av Franklin Roosevelt  1050 Ixelles |
| **Programme:**  Welcome reception by the teacher from 08:45 am  Beginner or advanced level of courses swimming depending on the level of the child.  Starting from 3 years old.  **Pitch-stirrer**: muscle arms and the pectoral ones  **Crawl:** speed and control of breathing  **Back crawl**: muscle the back  **Butterfly**: exercise of endurance for the good swimmer  **Snorkeling with diving mask and snorkel**.  **Lifesaving rescue fully clothed**  At the end of the activities (11:30 am), the children will be given a healthy snack (fruit) and will enjoy the garden while waiting for their parents at 11:55 am. | **Programme:**  *Multisports activities*  Welcome reception by the teacher from 1:00 pm.  Introductory or advanced level courses of *judo*.  Basketball, mini football soccer, rugby, hockey, ball games etc.…  End of activities 4:00 pm. |
| **Price:** 150 € per week  35 € per day | **Price:** 125 € per week  30 € per day |
| **Information and registration:**  Tel.: 0477/652 477 Azam e-mail: [daimoussi\_azam@hotmail.com](mailto:daimoussi_azam@hotmail.com)  A deposit (see amount below) is required for the registration and the balance should be paid by **27 June 2020** (payment in full at registration is also possible)  **Children enrolled to both camps are transferred from the swimming pool to the BEPS.** | |
| --------------------------------------------------------------------------------------------------------------  Name: ………………… First Name: ………………… Age: ……… Tel.: ……………………   **Whole week**   **or** **surround the days that are convenient for you**: **Monday- Tuesday- Wednesday- Thursday- Friday** | |
|  **MORNING:**  Payment preference:  Deposit (85 €) and balance (65 €):   Total amount (150 €):   Bank account BE92 1030 2985 2123  **Private lessons during school term** |  **AFTERNOON:**  Payment preference:  Deposit (65 €) and balance (60 €):   Total amount (125 €):   Bank account BE92 1030 2985 2123 |