  **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 amBeginner 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.comA 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 |