  **SPORTS CAMP** 

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| **WHEN:** |  |
| During Ascension holidays, Azam proposes, every morning from 9:00 am to 11:45 am, a swimming camps  from 10/05/2021 till 14/05/2021 5 days |  |
| **WHERE:**  Piscine New Archimède  5, av d’Italie  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.  **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 (11:35 am), the children will be given a healthy snack (fruit) and will enjoy the garden while waiting for their parents at 11:45 am. |  |
| **PRICE:**  160 € the week or 35€ the half day |  |
| **INFORMATION AND REGISTRATION:**  Tel.: 0477/652-477 Azam.  e-mail: [daimoussi\_azam@hotmail.com](mailto:daimoussi_azam@hotmail.com)  A deposit of **85 €** is required for the registration and the balance should be paid by 05 **May 2021** (payment in full at registration is also possible). |  |
| --------------------------------------------------------------------------------------------------------------  Name: ……………………………………. First Name: ………………………….  Age: ………………………………………Tel.: ……………………………… |  |
| Payment preference:  Deposit (85 €) and balance (75 €):   Total amount (160 €):   IBAN BE92 1030 2985 2123  **Private lessons during school term** |  |

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