








PLANNING AFTER SCHOOL – 8/11 YO

	Monday	Tuesday	Wednesday	Thursday	Friday
ARRIVAL	<ul style="list-style-type: none"> • Our team is waiting at the gate of the school to pick up your child • Our van is in charge of the transport to the club • A time for homework is dedicated if needed 				
SPORT INITIATION	<p>CLIMBING</p> <p><i>(Bouldering, top rope climbing, autobelays)</i></p>	<p>ARCHERY</p> <p><i>(Warm up and Training exercises)</i></p>	<p>SQUASH</p> <p><i>(Training session with our Squash Coach)</i></p>	<p>COLLECTIVE SPORTS</p> <p><i>(Rotation training : Baseball, football, basketball, Volleyball)</i></p>	<p>RAQUETS</p> <p><i>(Initiation Padel / Badminton / Table tennis)</i></p>
FUN ACTIVITIES	<p>MANUAL ACTIVITY</p> <p><i>(Calm and manual activities to start the week gently)</i></p> <p> Snack</p>	<p>TEAM GAME</p> <p><i>(Fun game to allow kids to play along with their friends)</i></p> <p> Snack</p>	<p>ARTISTIC ACTIVITY</p> <p><i>(Calm and artistic initiations to a variety of arts)</i></p> <p> Snack</p>	<p>TEAM GAME</p> <p><i>(Fun game to allow kids to play along with their friends)</i></p> <p> Snack</p>	<p>SPORTIVE GAME</p> <p><i>(Strategic and sportive games to prepare the week end)</i></p> <p> Snack</p>
FREE TIME (5.30 - 6 pm)	<ul style="list-style-type: none"> • Kids are able to choose the activity they want to try accordingly to their preferences 				

CONTACT :

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