








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	CLIMBING <i>(Bouldering, top rope climbing, auto belays)</i>	ARCHERY (Warm up and Training exercises)	SQUASH <i>(Training session with our Squash Coach)</i>	COLLECTIVE SPORTS (Rotation training: Baseball, football, basketball, Volleyball)	RAQUETS <i>(Initiation Padel / Badminton / Table tennis)</i>
FUN ACTIVITIES	TABLE TENNIS <i>(Games and tournament against friends)</i>  Snack	TEAM GAME (Fun game to allow kids to play along with their friends)  Snack	BABY FOOT <i>(Games and tournament against friends)</i>  Snack	TEAM GAME (Fun game to allow kids to play along with their friends)  Snack	SPORTIVE GAME <i>(Strategic and sportive games to prepare the week end)</i>  Snack
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 				

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