



Sporting activities

Activities	Days	Times	Places / Comments
Pétanque contest	T Sa	15:00	Registrations at the bowling alley 5 min before.
Tennis contest	W	08:30 - 12:30	Registrations at the tennis court 5 min before.
Volleyball contest	W	16:00	Registrations at the volleyball field 5 min before.
Introduction to racket sports	F	09:00 - 12:00	8 persons max. Meet at the Info Office.
Table tennis contest	F	16:00 - 19:00	Registrations at the tables (next to the market) 5 min before.
General physical preparation (GPP)	T	16:00 - 19:00	Fitness / weight loss. Fitness room.
Jogging	M T F	08:00 - 09:30	Departure from the Info Office. Bring sports shoes & water.
Archery (adult beginners)	M W T	09:00 - 10:30	Prior registrations at the shooting range. 8 persons max.
Archery (advanced adults)	M W T	10:30 - 12:00	Prior registrations at the shooting range. 8 persons max.
Fitness room	M T W T F Sa Su	08:00 - 12:30, 16:00 - 19:00	Free access, occasional presence of a sports trainer.
TAG training (thighs-abs-glutes)	M W Sa	09:00 - 10:00	Bottom pool.
Tabata (cardio + muscle strengthening)	T F	09:00 - 10:00	River, Mésange side. Bring your shoes & mat.
Aquagym	M T W T Sa Su	11:15 - 12:00	Top pool.
Aquabike	M T W T Sa Su	18:00 - 19:00	Top pool. €10 / session (€43 /5) to the lifeguard.
Water tchoukball (≈ water polo)	W Sa	14:30 - 15:30	Top pool. ≥ 10 yo.
Swimming contest	Su	14:30 - 15:30	Top pool. ≥ 6 yo, several age categories.
Volley, badminton, tennis, ping-pong	M T W T F Sa Su	Free access, except during tournaments.	Registrations at the Info Office for tennis.

Nature & health activities

Activities	Days	Times	Places / Comments
Feet in the water' hike.	M	16:00 - 18:30	Bring your water shoes. Departure from the fitness room.
(Half-) day hikes	M T T Su		See weekly display.
Adventure day	T	08:00	See weekly display.
Hike & Cave of the Salamander	W	17:45	See weekly display. Departure 17:45 from the Info Office.
Yoga	M W Sa	08:30 - 09:30	Top pool. Bring your towel.
Botanical walk	M	10:00 - 13:00	Walk about the flora through La Sablière. Depart. Info Office.

Kids & youth activities

Activities	Days	Times	Places / Comments
Mini-club (4-8 yo)	M T W T F Sa	10:00 - 12:30	At the mini-club. Mandatory registration by a parent.
Junior-club (9-12 yo)	M T W T F Sa	15:00 - 17:30	At the mini-club. Mandatory registration by a parent.
Teen club (13-17 yo)	M T W T Sa Su	11:00 - 12:30, 17:30 - 19:00	Next to the cuisine workshop. Mandatory registration by a parent.
Pottery for children & families	M T W T F Sa	10:00 - 12:15	Allow 8 days with firings. 8 personnes max. ≥ 8 yo.

