

## SUMMER 2021 ACTIVITY PROGRAM

	LUNDI	MARDI	MERCREDI	JEUDI	VENREDI
<b>Morning</b>	<p><b>From 9AM to 1PM :</b> 6km canoe route (transport included) € ✓</p>	<p><b>From 10 to 11AM :</b> Children's sport activities (from 5 years) € ✓</p> <p><b>From 10 to 11AM :</b> Cross training € ✓</p> <p><b>From 11AM to 12PM :</b> Stretching € ✓</p>	<p><b>From 4AM to 13PM :</b> Sunrise hike and picnic at <i>Les Trois Becs</i> with beer tasting in a local brewery (transport included) € ✓</p>	<p><b>From 9:45AM :</b> Grâne's village visit € ✓</p> <p><b>From 10 to 11AM :</b> Cross training € ✓</p>	<p><b>From 10 to 11AM :</b> Children's sport activities (from 5 years) € ✓</p> <p><b>From 10 to 11AM :</b> Cross training € ✓</p> <p><b>From 11AM to 12PM :</b> Stretching € ✓</p>
<b>Evening</b>	<p><b>From 6PM to 8PM :</b> Seated massages suggested by Nathalie (certified practitioner)</p> <p><b>From 6:30PM :</b> Welcome drink</p> <p><b>From 9PM :</b> Concert or show</p>	<p><b>From 6 to 7PM :</b> Zumba € ✓</p>	<p><b>From 6 to 7PM :</b> Parent/Child massage workshop led by Nathalie (certified instructor) € ✓</p>	<p><b>From 6 to 7PM :</b> Zumba € ✓</p> <p><b>From 9PM :</b> Concert or show</p>	<p><b>From 6 to 7PM :</b> Zumba € ✓</p>

- Children's activities
- Adult activities
- Family activities
- € Fee
- ✓ Required booking

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Kind of activity	Required booking at reception	Minimum participant number	Maximum participant number	Prices	Extra informations
<b>Children's sport activities</b>	Yes (the evening before by 6PM)	4	10	6€/ session 15€/ 3 sessions 20€/ 5 sessions	Children must be able to swim.
<b>6km Canoe route</b>	Yes (the evening before by 6PM)	4	8	<ul style="list-style-type: none"> <li>➤ 15€/child (6-15 years)</li> <li>➤ 21€/pers. (+15 years)</li> </ul>	Departure from the campsite at 9AM: a minibus will pick you up and bring you back.
<b>Grâne's village visit</b>  € ✓	Registration recommended with the association "Grâne Initiatives": 04.75.62.66.08			Free price (the visit is organised by the association "Grâne Initiatives").	Meeting point at 9.45AM at the office of the association "Grâne Initiatives" (1km walk from the campsite). The visit lasts about 2 hours.
<b>Seated massages</b> (by certified practitioner)	Yes	4		7€/pers.	10-15 min seated massage on ergonomic chair
<b>Parent/Child massage workshop</b> (led by certified instructor)	Yes (the day before by 5PM)	2 pairs		7€/duo	A privileged moment in family around kinesthetic activities.
<b>Stretching</b>	Yes (the evening before by 6PM)	4		7€/ session 18€/ 3 sessions 25€/ 5 sessions	Sessions of 45 min. + 15 min. dedicated to the installation.
<b>Zumba</b>	Yes (the same day by 2PM)	4		5€/ session 13€/ 3 sessions 20€/ 5 sessions	
<b>Cross training</b>	Yes (the evening before by 6PM)	4		8€ / pers. 12€/ 2 pers. 15€/ 3 pers.	For more than 3 people, 5€/ person.
<b>Hike « Les 3 Becs »</b> (from 12 years)	Yes (the evening before by 6PM)	4	7	18€/pers.	Transport by minibus + breakfast + beer tasting in a local brewery.

**Camping les 4 Saisons**

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