

# SPORTS CAMP



## 3 NEW EXPERIENCES

FOOTBALL & TENNIS  
4-7 YEARS  
8-12 YEARS

295€

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
8h15 - 9H00	ARRIVAL OF STUDENTS				
9H00 - 12h00	DISCOVER THE BASICS OF FOOTBALL	IMPROVING REACTIVITY PASSING IN MOTION	CONTROLLING HIGH BALL RECEPTION	MOVING AROUND ON THE COURT PRECISION PASS	BIG TOURNEMENT
12h - 13H30	LUNCH AND TRANSPORTATION				
13H30 - 16h30	DISCOVER / PERFECT THE BASICS OF TENNIS	FOCUS ON ATTACK OR DEFENSIVE PLAY	STUDY DIFFERENT TENNIS MOVES	EXERCICES ON OVERCOMING YOUR PERSONAL LIMITS	INDIVIDUAL TEST MATCH AND DIRECT FEEDBACK WITH COACH !
16h45 - 17H45	PARENTS PICK-UP OR TRANSPORTATION				

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
8h15 - 9H00	ARRIVAL OF STUDENTS				
9H00 - 12h00	DISCOVER MUSIC AND DIFFERENT TYPES OF DANCE	FOCUS ON MODERN DANCE AND STREET JAZZ	LEARNING TO CREATE A CHOREOGRAPHY	DEVELOPMENT OF STAGE EASE AND SELF CONFIDENCE	SHOW TIME ! STUDENTS WILL PRESENT A CHOREOGRAPHY ON STAGE
12h - 13H30	LUNCH AND TRANSPORTATION				
13H30 - 16h30	DISCOVER / PERFECT THE BASICS OF TENNIS	FOCUS ON ATTACK OR DEFENSIVE PLAY	STUDY DIFFERENT TENNIS MOVES (VOLLEY, SMASH)	EXERCISES ON OVERCOMING YOUR PERSONAL LIMITS !	INDIVIDUAL TEST MATCH AND DIRECT FEEDBACK WITH COACH !
16h45 - 17H45	PARENTS PICK-UP OR TRANSPORTATION				

DANSE & TENNIS  
4-7 YEARS  
8-12 ANS

350€

AMAZING CAMP  
JUNIOR 10 - 16 YEARS

650€

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
8h15 - 9H00	ARRIVAL OF STUDENTS				
9H00 - 12h00	TREE CLIMBING	TEAM DEVELOPMENT INSPIRED FROM THE GAME SURVIVOR	ENGLISH CLASS : PUBLIC SPEAKING & PRESENTATION SKILLS	DISCOVER THE VESUBIA MOUNTAIN PARC AND ITS SURROUNDINGS	PADEL IN ULTRA FABRON
12h - 13H30	LUNCH AND TRANSPORTATION				
13H30 - 16h30	DISCOVER THE BASICS OF TENNIS AT THE US CAGNES TENNIS CLUB	INITIATION TO GOLF ON A REAL GOLF COURSE IN NICE	AFTERNOON AT CANNES TRAMPOLINE PARK JUMP XL	DISCOVER THE VESUBIA MOUNTAIN PARC AND ITS SURROUNDINGS	COLOR PARTY
16h45 - 17H45	PARENTS PICK-UP OR TRANSPORTATION				



**TEAM  
BIHOUE**  
GAME • SET • SMILE

## » INFORMATION & RESERVATIONS :

[WWW.TEAMBIHOUE.COM](http://WWW.TEAMBIHOUE.COM)

[STAGES@TEAMBIHOUE.COM](mailto:STAGES@TEAMBIHOUE.COM)

 **PIERRICK : 06 50 64 91 58**

 **GAELE : 06 52 01 62 99**

**15 AVENUE CLAUDE DEBUSSY, 06200 NICE**

