



日本体術

# INFORMATIONS

## 2022 Summer camp SPA - Belgium

**From Sunday 10th to Friday 15th July 2022**

### Welcome :

Reception of trainees on Sunday 10th July from 4.00 pm at  
la résidence Olympic du centre ADEPS - La Fraineuse,  
Avenue Amédée Hesse, 41A – 4900 Spa - Belgium.  
Website : [http://www.sport-adeps.be/index.php?id=cs\\_spa](http://www.sport-adeps.be/index.php?id=cs_spa)

### Training :

Training will take place from Monday to Friday between 9.00 am and 12.00 and will be technically managed by Laurent LARIVIERE 6<sup>th</sup> Dan FFK.

### Accommodation :

At the premises of the ADEPS sport center (résidence Olympic) ;  
Three-beds rooms with private bathroom and toilet, television, wifi, bed sheets and bath towels included.  
Common area with television, bar and baby foot.  
Laundry service is available against extra charge..

### Meal service :

Meals are prepared on site and served in the restaurant hall of the Olympic residence.  
Schedules : Breakfast 8.00 am – Lunch 12.45 am – Dinner : 7.30 pm  
Barbecue party on thursday evening without any extra charge.

### Leisure activities :

#### Within the ADEPS center :

The dojo will be accessible every afternoon.  
Outdoor sport grounds, fitness and weight rooms will be accessible too. Some facilities could be used until 4.30 pm by other clubs or federations : these facilities will be accessible only from 4.30 pm . Don't forget to bring your own sport items : balls (Rugby, Foot, Volley ...) tennis rackets, table-tennis bats, badminton etc

#### Outside the ADEPS center :

There is a wide range of hiking and mountain-biking in the natural parc Hautes de Fagnes -Eifel and other outdoor activities, with also the thermal baths of Spa <https://www.thermesdespa.com/accueil/> and the famous Spa Francorchamps racing tracks (F1 <https://www.spa-francorchamps.be/> and Karting <http://www.francorchamps-karting.be/home.html>)  
Brussels at 1H30 – Namur at 1H20 - Liège at 0H40 – Aix la Chapelle (Germany) at 0H50 – Luxembourg at 1H50 and Maastricht (Netherlands) at 0H50.

### Formulas and rates

Arrival on Sunday at 4.00 pm – Departure on Friday at 2.00 pm

**Formula 1 :** Training – Full board – Activities within the ADEPS center AINTJ member **400 Euros**

**Formula 2 :** Training – Full board – Activities within the ADEPS center Non AINTJ member **450 Euros**

**Formula 3 :** Full board – Activities within the ADEPS center Accompanying person **350 Euros**

Registration deposit required corresponding to 50%.

The remaining 50% will be paid the first day at your arrival.

Bank account details for bank transfer : FR7617515900000801847185608.

### Registration :

Informations and registrations : [stage-ete@aintj.net](mailto:stage-ete@aintj.net)

Payment to **Laurent LARIVIERE – 6 chemin des écoles 92350 LE PLESSIS ROBINSON – France**

***Any registration is firm and irrevocable - No refunds will be allowed.***

**Registration deadline  
01st July 2022**

