

Crèche opening hours

(for kids from 3 months to 5 years inclusive)

Venue: **Crèche**

Monday 09.00 - 13.00

Tuesday 09.00 - 13.00

Wednesday 09.00 - 19.00

Thursday 09.00 - 13.00 & 15.00 - 19.00

Friday 09.00 - 13.00 & 15.00 - 19.00

Saturday 09.50 - 18.00

Sunday 09.50 - 18.00

Asprini Club opening hours

(for kids from 3 to 12 years inclusive)

Venue: **Asprini Land, Playstation area
and the relaxation corner**

Wednesday 14.00 - 18.00

Friday 16.00 - 19.00

Saturday 10.00 - 18.00

Sunday 10.00 - 18.00

Asprini World (crèche) and Asprini Club rules

Crèche bookings must be made at Reception, no more than 8 days in advance.

Reservations are strongly advised in order to ensure a place for your child and to avoid disappointment. Numbers are limited for safety reasons.

The price is 4€ per hour, 6€ for 1h30.

Any overshoot of the hour will be considered as an extra hour and will be charged for. Payment for 30 minutes is not possible.

The child-minding period must be paid for **before** dropping off your child at AspriniWorld or Club Asprini.

Payment can be made directly to the Reception Desk. In such cases, proof of payment must be given to the nursery teacher when you drop off your child.

You can also buy a pre-paid card from the main desk for 5h (20€) or 10h + 1h free (40€).

Finally, only for Asprini World, it is possible to pay Asprini World directly up to 8€.

You may leave your child for up to 2-and-a-half hours a day. If you want to extend this period, please contact Reception on the day to see if there is enough room.

It is prohibited to eat at Asprini World and Club Asprini. Only drinks are allowed, but only outside the game structure in Club Asprini.

Rules for activities

Unless otherwise mentioned, paying activities include 15 sessions running from Wednesday, 1st September to Sunday, 19th December 2010 inclusive.

During the **Toussaint** holidays (Monday, 1st November to Sunday, 7th November 2010) no paying activities will take place. Free activities will take place as usual but only at the weekend. The times may change.

As mentioned in the list of activities, some courses can be followed per individual session.

All activities must be booked at the Asprini Team.

Note: all bookings for swimming lessons must be preceded by a test carried out by a swimming instructor or a pool attendant, who will give you a level-check certificate to hand in to Reception when reserving.

For paying activities, you will receive a payment document at the Reception. The proof of payment should be given immediately to the Asprini Team to confirm your booking.

No bookings will be made without proof of payment.

If the child is absent, the missed session will not be reimbursed and can not be carried over to the next quarter.

All free classes may be reserved up to one week in advance.

Classes start on the dot of the hour. If you are late, the reserved place may be attributed to another child already there. In such cases, the late member will no longer be able to attend the classes.

Attendance of at least 5 children (3 for swimming lessons) is required for the lesson to go ahead. If there are less than 5 children, Royal La Rasante reserves the right to cancel lessons and will inform the parents of all registered children in the event of cancellation.



Children's Activities

From September to December 2010



ROYAL LA RASANTE
1902

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ROYAL LA RASANTE
1902

| WEDNESDAY | |
|-------------|-------------------------|
| 3 - 5 years | |
| 14.00-15.00 | Qwan Ki Do |
| 14.00-15.00 | Baby Dance |
| 14.30-15.00 | Les petits nageurs (2) |
| 15.00-16.00 | Les petites mains |
| 15.00-15.30 | Les petits nageurs (2) |
| 15.30-16.00 | Les petits nageurs (1) |
| 16.00-17.00 | Les petits explorateurs |
| 16.00-16.30 | Les petits nageurs (2) |
| 16.30-17.00 | Les petits nageurs (1) |

Baby Asprini activities (18 to 36 months)

Psychomotricité (Psychomotricity)
Movement and coordination sessions for children aged between 18 and 36 months. The aim is to teach your child to better understand his body through a series of varied activities.
Fee: 120€ - Venue Studio Spirit

Eveil Musical (Musical Awakening)
Musical awakening is the discovery of melodies of the world and also learning how to sing and imitate sounds in order to develop a sense of rhythm and awareness of time and space.
Age: 18 to 36 months
Fee: 155€
Venue: 3rd section crèche

| WEDNESDAY | |
|--------------|-----------------|
| 6 - 8 years | |
| 14.00-18.00 | Club Asprini |
| 14.00-14.30 | Poissons I |
| 14.30-15.00 | Poissons I |
| 14.30-15.30 | Football (b) |
| 15.00-16.00 | Qwan Ki Do (1) |
| 15.00-16.00 | Danse classique |
| 15.00-15.30 | Poissons I |
| 15.30-16.00 | Poissons I |
| 15.30-16.30 | Football (a) |
| 16.00-17.00 | Qwan Ki Do (2) |
| 17.00-17.30 | Poissons I |
| 9 - 12 years | |
| 14.00-18.00 | Club Asprini |
| 14.30-15.30 | Football (c) |
| 16.00-16.30 | Poissons II |
| 16.30-17.00 | Poissons III |
| 16.00-17.00 | Qwan Ki Do |
| 17.30-18.00 | Poissons II |

Asprini activities (3 to 5 years)

Les Petits Explorateurs

Sessions revolving around body movement and interaction with other young children. With a series of different games, children can explore different sensations and learn how to master them.
Price: free - Venue: Studio Spirit

Smiley Sport

Fun sessions animated by the Asprini team, combining ball games and gym sessions adapted to the basic movement skills of 3 to 5-year-olds.
Price: free - Venue: Sport Hall

Aqua Fun

Relaxation sessions and games organised by the Asprini team in the small swimming pool. Movement in water can become a real pleasure!
Price: Free - Venue: Children's swimming pool

| THURSDAY | |
|--------------|-------------------------|
| 3 - 5 years | |
| 16.15-17.15 | Les petits explorateurs |
| 16.30-17.00 | Les petits nageurs (1) |
| 17.30-18.00 | Les petits nageurs (1) |
| 17.30-18.00 | Les petits nageurs (2) |
| 6 - 8 years | |
| 16.30-17.00 | Poissons I |
| 17.00-17.30 | Poissons I |
| 9 - 12 years | |
| 17.00-17.30 | Poissons II |

Les Petites Mains

A creativity centre for tiny hands! Drawing, children's crafts and, above all, a lot of imagination in store.
Price: 4€ per session
Venue: 3rd part of the crèche

Eveil Musical (Musical Awakening)

Imagine a multicultural music town (Jazz, opera, Chinese music, etc.) where there is so much to discover and to imagine!
Fee: 155€
Venue: 3rd section crèche

Baby dance

The baby-dance class offers a first fun approach to dancing and movement to music. This activity calls on children's imaginations and spontaneous movement of their bodies.
Fee: 155€
Venue: Studio Spirit

Mini Hip Hop

Move, dance like grown-ups, understand your body and experiment with all the different ways of moving. That's what Mini Hip Hop is!
Fee: 155€
Venue: Studio Spirit

Les Petits Nageurs

Beginners' lessons (1) in the small pool. The sessions help children to get used to being in the water through fun and games.
Advanced swimmers' lessons (2) in the big swimming pool. Children

| FRIDAY | |
|--------------|------------------------|
| 3 - 5 years | |
| 16.15-16.45 | Aqua Fun |
| 16.15-16.45 | Les petits nageurs (2) |
| 16.45-17.15 | Les petits nageurs (2) |
| 17.15-17.45 | Les petits nageurs (1) |
| 6 - 8 years | |
| 16.00-18.00 | Club Asprini |
| 16.15-16.45 | Poissons I |
| 16.30-17.30 | Karaté |
| 17.15-17.45 | Poissons I |
| 9 - 12 years | |
| 16.00-19.00 | Club Asprini |
| 16.30-17.30 | Karaté |
| 16.45-17.15 | Poissons II |
| 17.45-18.15 | Poissons III |

dren will learn to swim out of their depth and get to know different kind of swimming strokes. To register for these classes, a test first has to be taken in the swimming pool under the supervision of a swimming teacher or by a pool attendant so that each child can be put in the most suitable category.

Fee: 95€ (the classes will start on Wednesday September 15th)

Qwan Ki Do

Qwan Ki Do is a martial arts class, teaching children acrobatics and self-defence techniques with respect for others and self-respect.
Fee: 155€
Venue: Studio Vitalis on Wednesdays and in the Sport Hall from 4pm to 5pm – Saturdays: Sport Hall.

Multi Sport

Fun learning how to play round ball sports. Kids can learn the basics for later training in ball sports like volleyball, basketball, and mini football...
Fee: 155€
Venue: Sport Hall

| SATURDAY | |
|----------------|-------------------------|
| 18 - 36 months | |
| 10.00-11.00 | Eveil musical |
| 16.15-17.00 | Psychomotricité |
| 3 - 5 years | |
| 10.00-10.30 | Les petits nageurs (1) |
| 10.00-10.30 | Les petits nageurs (2) |
| 10.30-11.00 | Les petits nageurs (2) |
| 10.00-11.00 | Baby Dance (1) |
| 11.00-12.00 | Eveil musical |
| 11.00-11.30 | Les petits nageurs (2) |
| 11.30-12.00 | Les petits nageurs (1) |
| 12.00-13.00 | Baby Dance (2) |
| 14.00-15.00 | Les petites Mains |
| 15.00-16.00 | Les petits explorateurs |

Aspria Junior activities (6 to 8 years)

Aspria Junior activities (9 to 12 years)

Moving World

Multisports sessions focused on movement and team games. These sessions help develop aptitudes like posture and self-esteem.
Price: free
Venue: Studio Spirit

Ateliers créatifs (Creative workshops)

A place to bring out new creations where children can let their imagination run wild without the fear of making a mess like at home!
Price: free
Venue: Art and Craft Room

Asprini Club

Fun activities (Asprini Land, Playstation, board games,...) for 3 to 12 year-olds, under the organisation of the Asprini team.
Fee: 4€ an hour. You can also buy a pre-paid card
Venue: Asprini Land

| SATURDAY | |
|--------------|---------------------|
| 6 - 8 years | |
| 09.30-10.00 | Poissons I |
| 10.00-10.30 | Poissons I |
| 10.00-13.00 | Club Asprini |
| 10.30-11.00 | Poissons I |
| 11.00-11.30 | Poissons I |
| 11.00-12.00 | Jui Jitsu Brésilien |
| 11.00-12.00 | Danse classique |
| 11.30-12.00 | Poissons I |
| 13.00-18.00 | Club Asprini |
| 14.00-15.00 | Moving world |
| 15.00-16.00 | Football (b) |
| 16.00-17.00 | Qwan Ki Do |
| 9 - 12 years | |
| 10.00-13.00 | Club Asprini |
| 11.00-12.00 | Jui Jitsu Brésilien |
| 11.00-11.30 | Poisson II |
| 11.30-12.00 | Poissons III |
| 13.00-14.00 | Modern Jazz |
| 13.00-18.00 | Club Asprini |

Brazilian Jiu Jitsu

Brazilian Jiu Jitsu is a wrestling activity traditionally practised wearing a kimono. It is a young martial art that has been developed from Judo and Jiu-jitsu techniques.
Price : 155€ - Venue : Sport hall

Karaté

Learning Karaté will help your child channel his/her energy while letting off steam at no risk whatsoever. It's an ideal anti-stress recipe for energetic kids.
Fee: 155€ - Venue: Studio Spirit

Qwan Ki Do

Qwan Ki Do is a martial arts class, teaching children acrobatics and self-defence techniques with respect for others and self-respect.
Fee: 155€
Venue: Studio Vitalis on Wednesdays and in the Sport Hall from 4pm to 5pm – Saturdays: Sport Hall.

| SUNDAY | |
|--------------|-----------------|
| 3 - 5 years | |
| 10.00-11.00 | Smiley Sport |
| 11.00-12.00 | MultiSports |
| 16.00-17.00 | Mini Hip Hop |
| 6 - 8 years | |
| 09.30-10.30 | Football (b) |
| 10.00-11.00 | Moving world |
| 10.00-13.00 | Club Asprini |
| 11.00-12.00 | Atelier créatif |
| 13.00-18.00 | Club Asprini |
| 15.00-16.00 | Hip Hop |
| 9 - 12 years | |
| 11.00-12.00 | Atelier créatif |
| 10.00-13.00 | Club Asprini |
| 10.30-12.00 | Football (c) |
| 13.00-18.00 | Club Asprini |
| 15.00-16.00 | Hip Hop |

Poissons (I, II, III)

Sessions are devoted to learning to swim and perfecting swimming techniques. Lessons offered on the basis of different levels of aptitude. To register for these classes, a test first has to be taken in the swimming pool under the supervision of a swimming instructor or by a pool attendant so that each child can be put in the most suitable category.
Fee: 95€ (the classes will start on Wednesday September 15th)

Football

Initiation to football and improvement. Lessons are given per age group and depending on level of competence.

(a): 5 to 6 years / (b): 6 to 8 years / (c): 9 to 12 years

Training for 5 to 8 year-olds lasts 1 hour, and that for kids aged 9 to 12 lasts 1 hr on Wednesdays and 1hr30 on Sundays.

Fee: 150€ (5-8 years and 9-12 years on Wednesdays) - 235€ (9-12 years on Sundays) - Venue: Hockey pitch

Modern Jazz

Learn how to move your body and express your emotions to rhythmic and modern-day music. Live the passion of rhythm with your body!
Fee: 155€ - Venue: Studio Spirit

Danse classique (Ballet dancing)

Classic ballet dancing classes, starting with warm-ups and followed by traditional dance positions and movements. Don't forget your tutu!
Price: 155€ - Venue: Studio Spirit

Hip Hop

Move, dance and above all understand your body and experiment with all the different ways of moving.
Fee: 155€ - Venue: Studio Spirit

Football

(a) 5-6 years, (b) 6-8 years and (c) 9-12 years

Qwan Ki Do and Swimming
(1) Beginners' lessons in the small pool
(2) Advanced swimmers' lessons in the big swimming pool

