



FÉDÉRATION FRANÇAISE
SPORTS POUR TOUS



EUROPEAN SPORTS FOR ALL MEETING

Sunday, July 17, 2016 to Friday, July 22, 2016 - LARMOR PLAGE (FRANCE)

Programs

1 General program of the Event

Days	Time	Program	Place
16/07/2016	3 Pm – 6 Pm	Accreditation	Lieu Hébergement
17/07/2016	9 Am – 11 Am 11Am – 11.30 Am 12 Am – 2 Pm 2 Pm – 4 Pm 5 Pm – 6 Pm 6 Pm – 7 Pm 7 Pm – 8 Pm 8.00 Pm	Free Time Transports Lunch Opening Ceremony Sports for All Parade Full' Dance Master class Cocktail (invitations) Transports	Shuttle to Village Village Village Larmor City Village Village Shuttle to Hosting
From 18/07/2016 To 21/07/2016	8 Am – 8:30 Am 9 Am – 12:30 Am 12.30 Am – 2 Pm 2 Pm – 4 Pm 2 Pm – 7.30 Pm 8 Pm	Transports Coaches Training Camp Break for lunch Coaches Training Camp Sports for All Village Transports	Shuttle to Village Village Village Village Village Shuttle to Hosting

1 Event program – SFAV (Sports for All Village)

Days	Time	Program	Place
22/07/2016	8 Am – 8:30 Am	Transports	Shuttle to Village
	09:00 Am – 12:30 Am	Coaches Training Camp	Village
	12:30 Am – 2 Pm	Break for Lunch	Village
	2 Pm – 4 Pm	Coaches Training Camp	Village
	2 Pm – 4 Pm	Sports for All Village	Village
	8 Pm – 9 Pm	Transports	Shuttle to Hosting
	9 Pm	Transports	Shuttle to Village
	9.30 Pm - Midnight	Full' Dance Party	Village
00:30 Am	Transports	Shuttle to Hosting	
23/07/2016	09:00 Am – 12:00 Am	Departure of all delegations	From Hosting

2 Program of coaches training camp

Time	Programs	18/07/2016	19/07/2016	20/07/2016	21/07/2016	22/07/2016
intermediate and Advanced Level						
9 AM to 10 AM	Expression Training Sessions	Breton dance , modern jazz , world dances ...				
10.15 AM to 11.15	Cardio Training Sessions	Aerodance, Step Choreography, LIA., Aero Boxing...				
11.30 AM-12.30AM	Physical training Sessions	Pilates, Swissball, classical Building, Circuit'Training, postural stretching				
BREAK						
2PM -3.30PM	Sports for All Training Sessions	Cross'Form	Full' Dance	Nordic Walk	Power Training	Brailletonik
3.30PM-4PM	Echanges avec les intervenants	TOUS				

3 Program of Sports for All Village

Time	Places - Village	18/07/2016	19/07/2016	20/07/2016	21/07/2016	22/07/2016
2PM to 7PM	Space 1	Evaluation tests of overall fitness				
2PM to 7PM	Space 1	Test your handi-skills				
2PM - 7 PM	Space 2 and 3	Introductions to Outdoor activities (Nordic Walking...) and Sports Games				
2PM -7 PM	Space 4	Introductions to Fitness masterclasses : Step, Zumba, Freestyle, Qi Gong...and Fitness Marathon				
7 PM - 7.30 PM	Space 4	Breton Sports for all FlashMove				