



CENTRE  
INTERNATIONAL  
D'ANTIBES



# SPORT & OUTDOOR PROGRAM

 Package program

 1 week minimum

 7 sessions a year

2022

“

Learn French and stay in shape through a combination of dynamic sports training sessions with a French coach!

In our full package program students will be accommodated in our comfortable residence with an en-suite room within walking distance of Antibes and Juan-les-Pins.

”

## FRENCH LANGUAGE AND LEISURE PACKAGES FOR ADULTS



### FRENCH COURSE

20 morning lessons  
from Monday - Friday



### ACTIVITY PROGRAM

4 afternoon activities  
Monday, Tuesday, Thursday, Friday



### ACCOMMODATION

Centrally located studios in a calm  
residential neighbourhood



## COACH

A dedicated coach throughout your stay!

- A highly **personable approach**, the first meet and greet allows the coach to discuss with participants their individual goals and athletic capacities.
- The coach will **monitor your progression** and assist you in achieving your fitness goals all whilst creating an enjoyable atmosphere!
- Work on your **French language skills outside of the classroom**. Communicate in French with the coach and the group, in a dynamic social setting.



## TYPES OF ACTIVITIES

Workouts for people of all levels and abilities, each designed to challenge and inspire you!

- Catered to all fitness levels and **customizable** in order for you to go at a pace you're comfortable with.
- A diversified program incorporating **cross-training, outdoor jogging, trail running, orienteering, Nordic walking**.

## WHY PARTICIPATE IN OUR PROGRAM

- join a unique French language and leisure package in Antibes, the ultimate place to **improve your physical and mental wellbeing**.
- Meet individuals with a shared interest in their fitness in an **international community**.
- **Post activity aperitifs or smoothies/ healthy snacks** organised after each session.
- All participants will be **accommodated in a calm residential area of Antibes** within a **walking distance to the lively town centres and beaches** of Antibes & Juan les Pins.





## SAMPLE ACTIVITIES TIMETABLE

4 activities per week (Monday, Tuesday, Thursday, Friday)

### WEEK 1

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<i>Arrival at the residence</i>	French Standard lessons					FREE TIME (or departure day for participants)
	Break & Lunch*					
	MEET & GREET + JOGGING	CROSS TRAINING	RECUPERATION DAY	ANTIBES-NICE BIKE RIDE	ORIENTEERING CHALLENGE FOREST PARK	

### WEEK 2

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<i>Arrival at the residence</i>	French Standard lessons					FREE TIME (or departure day for participants)
	Break & Lunch*					
	MEET & GREET + CROSS TRAINING	CYCLING FOREST PARK	RECUPERATION DAY	TRAIL RUNNING	NORDIC WALKING	

## NOTES

\* Lunch not provided by the school

This timetable is a sample of sport activities, it might subject to change due to operational reasons or according to weather forecast.

Optional: on request personal training session available with a supplement fee on Wednesday. The session duration depends on your level and goals (to be determined by the trainer). The price is between 50€ - 60 € for a 45-minute session.





## FRENCH COURSE

### STANDARD COURSE

Lessons are taught through an interactive teaching method developed by the Centre International Antibes. Students will take part in a host of interactive and didactic activities in speaking and writing. With the use of various teaching aids students will actively participate in dynamic exercises involving real life situations and role-playing.

### CLASS STRUCTURE

- **20 lessons** of '45 minutes per week
- **From Monday to Friday** (except on the first Monday of their stay which is dedicated to the placement test)
- **From 9:00 a.m. to 12:30 p.m.** (15-20 min break)
- **12 persons maximum** in a class

### WHERE DO CLASSES TAKE PLACE?

Lessons take place at the Chateau School or at the Port School.



## IMPORTANT NOTES

- **All levels are accepted.**
- **Special arrival dates apply for absolute beginners:**  
Feb 20 • Mar 20 • May 15 • Jun 05 • Aug 21 • Oct 2





## ACCOMMODATION

Students are accommodated in our comfortable studios in Aragon Residence.

**Our ideally situated residence offers recently renovated studios** in an inviting and friendly atmosphere. The private modern en suite bathrooms and fully equipped kitchenette will provide additional comfort during your stay as it will make you feel just like at home.

### HIGHLIGHTS

#### ■ ARAGON RESIDENCE

**Situated in a quiet area between Antibes and Juan-les-Pins:**

- **10 min by foot** from the beaches and the centre of Juan-les-Pins and Antibes.
- **On site:** lounge area and large terrace.
- **Accommodation in studios** with private bathroom and air-conditioning

## IMPORTANT NOTES

- **Bed sheets are supplied** for the duration of your stay. A clean set is provided each week at the reception. Towels are not provided.



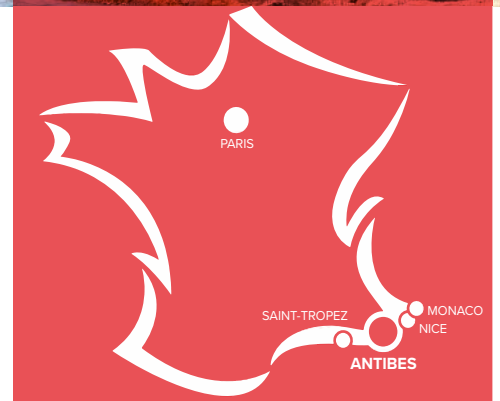
## DESTINATION: ANTIBES



**With 300 days of sunshine throughout the year and 25 kilometers of sandy beaches, Antibes is an exceptional destination on the French Riviera.**

Learning French in Antibes allows you to enjoy the sunshine, the sea, and also to discover numerous picturesque attractions of the region.

Our package furthers your immersion experience by introducing sports activities conducted in French while regrouping students to socialize together.



## DATES &amp; PRICES 2022

Arrival Sunday → Departure Saturday

Dates	Feb 13 - Feb 26	Mar 13- Mar 26	May 8 - May 21	Jun 5 - Jun 18	Aug 21 - Sep 03	Oct 2 - Oct 15	Nov 13 - Nov 26
<b>ALL - INCLUSIVE PACKAGE (price/week/person)</b>							
With Single Studio	€820	€820	€890	€890	€890	€820	€820
With Double Studio	€715	€715	€750	€750	€750	€715	€715
<b>SERVICES (price/week/person)</b>							
Transfers from/to Antibes railway station during the weekend (one way)	€15						
Transfers from/to Nice airport during the weekend (one way)	€50						
Supplement for guest in room (client does not participate in the package program)	€80						

**NOTES**

\* No lessons are held on French national holidays.

Public holidays: Jun 6

Lessons are neither replaced nor refunded but the missed activity/excursion is moved to an available afternoon.



# MAP OF THE CITY

## ANTIBES

