



## French & Fitness

**Need to get in shape? Combine sport and French lessons and discover Nice and its surroundings at the same time!**

**Nice, famous for its superb climate and stunning landscapes is the perfect destination to immerse yourself in Language, Culture and Sport!**



### COURSE KEY FEATURES

- **20 general French lessons per week:** 4 morning lessons, Tuesday to Friday (1 lesson = 45 minutes)
- **3 fitness sessions per week:** 2.5 hours in the afternoon
- **All levels accepted**
- **Available all year round**
- **Starting dates: every Monday except for beginners who have specific starting dates** (see website for dates)

### PRICES:

**485 € / week**

Includes:  
French lessons and fitness lessons with a professional coach

+ 40€ registration fee

### French lessons - 20 lessons per week (15h)

Tuesday to Friday, from 8.45am to 12.45pm

- Development of all 4 main language skills (speaking, reading, writing and listening) and focus on oral communication
- Teachers: French mother-tongue, qualified university graduates
- International classes in small groups of 8 to 12 students maximum
- Students are placed in classes according to the results of an initial level evaluation



### Fitness - 3 sessions per week (7.5h)

3 fitness sessions (2.5h each), Monday, Tuesday and Friday 1.30pm to 4pm – meet at Place Masséna

Muscle building and resistance work, jogging, stretching, cardio exercises... A variety of fitness activities to suit you!

- Sessions held in a variety of settings: beach/sea, mountain, town...
- Sessions led by 2 supervisors: a qualified professional sports instructor + a French teacher so as to combine sport and cultural discovery
- Sessions in small groups mean that everyone can progress at their own pace (5 participants minimum)
- The sessions are held in French and are adapted to the level and requirements of participants



### Accommodation & activities

**A dedicated accommodation service** to organise the right accommodation to suit your requirements (families, residences, hotels, apart 'hotels...), subject to availability.

**A comprehensive activity programme** that allows you to meet other students and discover Nice and the local area thus really making the most of your stay.

Optional activities to be booked and paid for on site.



■ PARIS

■ NICE

■ BORDEAUX

■ BIARRITZ

■ MARTINIQUE

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