

Crèche opening hours

(for kids from 3 months
to 5 years inclusive)

Monday & Tuesday 09.00 - 13.00

Wednesday 09.00 - 19.00

Thursday & Friday 09.00 - 13.00 & 15.00 - 19.00

Saturday & 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 & Sunday 10.00 - 18.00

Crèche and Asprini Club rules

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

If the time paid for is exceeded, this will be considered as an extra hour and will be charged accordingly. Payment for 30 minutes is not possible.

The child-minding period must be paid for **before** leaving your child at the Crèche 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 dropping off your child.

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

For the Crèche service, it is possible to pay the team directly, up to a maximum for 2 hours of crèche.

You may leave your child for up to 2-and-a-half hours a day. If you want to extend this period, please contact the crèche.

It is prohibited to eat in the Crèche and at Club Asprini. Only drinks are allowed, but only outside the play area in Club Asprini.

Conditions of activities

Unless stated otherwise, paying activities will commence week beginning 9th January and conclude week beginning 25th June inclusive. **Please note that paying activities will not take place on bank holidays.**

During the **Carnival holidays** (Monday 20th to Sunday 26th February 2012) and during the Easter holidays (Monday 2nd to Sunday 15th April 2012), no paying activities will take place. Free activities will take place during the weekend only.

As mentioned in the list of activities, some courses may be attended on an individual session basis.

All activities must be booked with 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 when reserving. For further information, please speak to the Asprini team.

For paying activities, course fees must be paid upon booking and proof of payment will be required at the first lesson, otherwise your child will not be admitted.

Please note that, in the case of absence for one or more days due to any reason, no refunds can be made. This is with the exception of an injury incurred during the course that prevents the participant from continuing.

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 given to another child already waiting. In such cases, the late member will not be able to join the class.

Attendance of at least 5 children is required for the lesson to take place. Aspria Royal La Rasante reserves the right to any activity and will inform the parents of all registered children in the event of cancellation.



Children's Activities

from January to June 2012



ROYAL LA RASANTE

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ROYAL LA RASANTE

MONDAY	
3 - 5 years	
16.30-17.00	Les petits nageurs (2)
6 - 8 years	
17.00-17.30	Poisson I a
9 - 12 years	
16.30-18.00	Swim Dive Kids
17.30-18.00	Poissons III

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 sessions for children aged from 18 to 36 months animated by a psychomotrician. Children gain a better understanding of their body and mind and body coordination is improved. **Parental attendance is required.**

Price: 180€ - Venue: Studio Spirit

Eveil musical

The discovery of sounds of the world as well as also learning how to imitate sounds and developing a sense of rhythm. Based on 'Kindermusik' principles. **Parental attendance is required.**

Age: 18 to 36 months
Price: 230€
Venue: 3rd section crèche

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

Asprini activities (3 to 5 years)

Les petits explorateurs

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

Circus school

Perfect for learning different circus skills: balance bar, juggling to name a few.
Price : 230€ - Venue: Sport Hall

Aqua Fun

Fun and games with the Asprini team in the small pool. Playing in water becomes a real pleasure!
Price: Free - Venue: Children's swimming pool

THURSDAY	
3 - 5 years	
16.15-17.15	Les petites Mains
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 b
17.00-17.30	Poissons I a
9 - 12 years	
17.00-17.30	Poisson II

Les petites mains

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

Eveil musical

New sounds, new rhythms, moving and singing... A whole world of new sensations to experience! Based on 'Kindermusik' principles.
Price: 230€
Venue: 3rd section crèche

Baby dance

A first fun approach to dancing and movement to music. This class will spark little imaginations and encourage lots of movement.
Price: 230€ - Venue: Studio Spirit

Les petits nageurs

Children become accustomed to being in the water through fun and games. Water is no longer a source of fear as it changes into an extraordinary playground where you can learn to swim! 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 the most suitable category can be found for your child. There are two levels:

(1) beginners' lessons in the small pool
(2) advanced swimmers' lessons in the large pool
Price: 150€

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 b
16.30-17.30	Karaté
17.15-17.45	Poissons I a
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
18.15-19.00	Poisson Evolution

Smiley sport

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

Qwan Ki Do

Qwan Ki Do is a martial arts class, teaching children acrobatics and self-defence techniques as well as self-respect and respect for others. Price: 230€
Venue: Wednesdays 2pm to 5pm > Studio Vitalis. Wednesdays 5pm to 6 pm and Saturdays > Sport Hall

Multisports

Psychomotricity and an introduction to sports for little people with a lot of energy! Your child will benefit from new experiences whilst getting to know his or her body better.
Price: 230€ - Venue: Sport Hall

Zumba Kids

Move, dance and above all understand the body, experimenting with different ways of moving.
Price: 230€ - Venue: Studio Spirit

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
11.00-12.00	Eveil musical
11.00-12.00	Cirque
11.00-11.30	Les petits nageurs (2)
11.30-12.00	Les petits nageurs (1)
12.00-13.00	Baby Dance
14.00-15.00	Les petites Mains
15.00-16.00	Les petits explorateurs

Aspria Junior activities (6 to 12 years)

Moving world

Multisports sessions focussing on movement and team games. These sessions help develop self-esteem as well as create energy!
Price: free - Venue: Studio Spirit

Atelier créatif

A place to inspire new creations where children can let their imagination run wild without the fear of making a mess like at home!
Price: free - Venue: 3rd section crèche

Cirque

Perfect for learning different circus skills: balance bar, juggling to name a few.
Price : 230€ - Venue: Sport Hall

Club Asprini

Fun activities for 3 to 12 year-olds, held at the Mini Club under the organisation of the Asprini team. Price: 4€ an hour. Prepaid card available.
Venue: Asprini Land

SATURDAY	
6 - 8 years	
09.30-10.00	Poissons I b
10.00-10.30	Poissons I a
10.00-13.00	Club Asprini
10.30-11.00	Poissons I b
11.00-11.30	Poissons I a
11.00-12.00	Jui Jitsu Brésilien
11.00-12.00	Danse classique
11.30-12.00	Poissons I a
12.00-13.00	Cirque
13.00-18.00	Club Asprini
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
12.00-13.00	Cirque
13.00-14.00	Modern Jazz
13.00-18.00	Club Asprini

Jiu Jitsu brésilien

Brazilian Jiu-Jitsu is a martial art practiced on mats with a kimono. It is a relatively new martial art with its origins in Judo and Jiu-Jitsu. Price : 230€
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 outlet for energetic kids.
Price: 230€
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. Price: 230€
Venue: Wednesdays 2pm to 5pm > Studio Vitalis

SUNDAY	
3 - 5 years	
10.00-11.00	Smiley Sport
11.00-12.00	Multisports
16.00-17.00	Zumba Kids
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	Zumba Kids
9 - 12 years	
11.00-12.00	Atelier créatif
10.00-13.00	Club Asprini
10.30-12.00	Football (c)
12.00-13.30	Football (c)
13.00-18.00	Club Asprini
15.00-16.00	Zumba Kids

Wednesdays 5pm till 6pm and Saturdays > Sport hall
Note that Wednesday's class at 5pm will be open to children 12 to 15 years.

Poissons (I, II, III)

Learn to swim or perfect swimming techniques. Lessons offered according to different abilities. To register for these classes, a test first has to be taken in the pool under the supervision of a swimming instructor or by a pool attendant so that the most suitable category can be found for your child. Price: 150€

Poissons évolution

Swimming sessions of 45 minutes dedicated to perfecting different strokes. Price: 230€

Swim Dive Kids

Introduction to scuba, snorkeling and underwater games. Your child will discover the underwater world,

at the same time as preparing for the diving certificate - opening the doors to the exciting world of fauna and flora.

Price: 275€ for 10 sessions.

The 1st session will be held Monday, January 9 and will run until Monday, March 19, 2012.

More information from the swimming team or arpakzad @ royallarsante.be
Venue: Swimming pool

Football

Classes for beginners and advanced football players. Lessons are given per age group and depending on level of competence.

(a): 5-6 year-olds, (b): 6-8 year-olds, (c): 9-12 year-olds

Training for 5 to 8 year-olds lasts 1 hour, and that for kids aged 9 to 12 lasts 1h30.

Fee: 230€ (5-8 years) - 345€ (9-12 years) - Venue: Hockey pitch

Modern Jazz

Children learn how to move their body and express their emotions to rhythmic and modern-day music. Experience the passion of the rhythm!

Price: 230€ - Venue: Studio Spirit

Danse classique

Traditional ballet classes, starting with warm-ups and followed by traditional dance positions and movements. Don't forget your tutu!
Price: 230€ - Venue: Studio Spirit

Zumba Kids

Move, dance and above all understand the body, experimenting with different ways of moving.
Price: 230€ - 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
* Qwan Ki Do classes are open to children upto 15 years old.