



# CRONO SPORT JUDO & HOLIDAY

17<sup>A</sup> EDIZIONE 17<sup>A</sup> EDITION 17<sup>A</sup> EDICAO 17<sup>A</sup> AUSGABE

JUDO STAGE PROGRAM ALBENGA ( SAVONA ITALY ) FROM 19 TO 23 JUNE 2017

The A.S.D. Crono Sport Torino will organize a pleasant week of holiday in Albenga close to Savona, *Italy*. Albenga is one of the most loved holiday sea-side resorts in Italy; Judo, Sport Entertainment. Apart from the other Judo are provided for Sports and Recreation, Physical Preparation in Room Weights, Soccer, Tennis, Swimming, Animation, School of Dance, Evening Shows, etc. Anybody over 7 is welcome to take part even those who do not wish to practice Judo.

**Technical Direction:** Incarnato Roberto CN 4° DAN

**Equipment Available:** Gym with 300 mq of Tatami Two Pools, Tennis and Soccer Court, Gym Weights, Private Beach.

TYPICAL DAYTIME ACTIVITIES	
08.30 - 09.00	BREAKFAST
09.00 - 10.00	JUDO PRACTICE NON ATHLETE
10.00 - 11.30	JUDO PRACTICE ATHLETE
09.00 - 12.30	BEACH SEA
12.30	LUNCH
13.00 - 14.30	GAMES, REST OR STUDY <i>free time</i>
15.00 - 19.30	BEACH AND SEA
18.30 - 19.30	JUDO PRACTICE ATHLETE
20.00	DINNER
EVENING	VARIOUS ENTERTAINMENT

**Programme Arrival:** Monday 19 June **Room Accommodation** from 9.00 to 11.00 **Lunch** at 12.30

**Departure:** Friday 23 June from 18.30 to 19.30

**Participation:** 290 € in the fee includes: full board, accommodation, breakfast, lunch, dinner, ( at the Restaurant ), Judo Course, Private Beach, Pool, Sports and Recreational Activities.

Participants in the Judo course will be awarded a specially made patch that can be stitched on to the Judogi.

**Payment Terms:** deposit of 90,00 € to be paid in advance; balance of 200,00 € on arrival, *no refund of deposit in case of cancellation*. A document about the rules of the stay will be provided, too.

There is also a possibility of a trip to the Aquatic Park Caravelle, not included in the above cost.

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