

# VVF

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**FFRandonnée**  
les chemins, une richesse partagée  
[www.ffrandonnee.fr](http://www.ffrandonnee.fr)

# Sainte Maxime

# AQUA WALKING

July 1 to 8, 2023



In the heart of a famous seaside resort of the French Riviera, spend a stay rich in water and walking activities. Discover long sandy beaches during your Aqua Walking outings supervised by professionals.

- You are expected to arrive on Saturday from 3 p.m. and you can move into your accommodation from 5 pm. At 6:00 p.m. the animators will present you the program for the week, you will meet the rest of the team and form your groups!
- On Sunday morning you will participate in an aquatic fluency test and a first initiation to get into the bath! After lunch at the VVF, you will start the practice, with a 2km Aqua Walking on the coastal path to the coastal path to the Pointe des Sardinaux.
- On Monday, a full day of Aqua Walking awaits you! The federal instructors will give you all the tips and advice you need to practice and make the most of the benefits of this activity.
- Tuesday, after a morning of discovery of the architecture and heritage of Sainte Maxime architecture and heritage of Sainte Maxime, you will take part in an Aqua Walking Olympics!
- Wednesday, let's go for an initiation Aqua Walking with a paddle! This specialization of the discipline will make you work the muscles of the arm muscles! In the afternoon, it will be a well-deserved rest!
- On thursday, admire the first light of the day with the Aqua Walking sun salutation! In the afternoon, it is with your feet on the ground that you discover the of the Deffend and the Ste Maxime Park.
- Friday, it's the big day of the evaluation! After the tests, you will have lunch at the VVF. Then it will be time for the presentation of the diplomas that you will with a friendly drink to close this week of Aqua Walking!
- On the Saturday of departure, the return of the keys is scheduled before 10 am and you will have the last lunch at the VVF (or packed lunch to take away).



8 days / 7 nights



From 10 to 23 people.



Activities :  
Aqua Walking,  
paddle initiation,  
hiking, water games.



Full board

From 1st to 8th July 2023

## 650 € /pers\*

ERA member rate

Closing date for registration  
on 29/05/2023

## MORE INFO:

[monsejouxextra@vvf.fr](mailto:monsejouxextra@vvf.fr)

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# AQUA WALKING

**July 1 to 8, 2023**

**\*The price includes:** accommodation in a room for 2 people, beds made up on arrival, supply of towels, cleaning at the end of the stay, full board from dinner on the first day to lunch on the last day, wine included during the meals, supervision of the water walking activity by instructors of the French Federation of Hiking, access to the leisure facilities, evening entertainment at the VVF. Discount ERA members included. Booking fees offered.

**It does not include:** aperitifs, coffees, transport and transfer, insurance (20 €/pers.), tourist tax to be paid on site.

**Optional:** single room supplement according to availability (26,40 €/pers./night)

In addition for non-members of the FFRandonnée: license "pass découverte 8 jours" of 10€/pers. to be subscribed on the spot on arrival.

**Limited places: minimum 10 people - maximum 23 participants.**

**Registration deadline: May 29, 2023**

## Equipment to bring :

- Water shoes (or sneakers) required
- Swimsuit (1 piece preferably for women), wetsuit or shorts. No loan of wetsuits or equipment available on site.
- Sunglasses, sun hat or cap
- Sunscreen, lip balm

**Medical certificate required  
for non-members**

*Special Conditions of Sale " VVF Extras ", complete description, access and contact details of the VVF on [vvf.fr](http://vvf.fr).*

*The order of the activities may be modified. We may also have to cancel the stay if the minimum number of participants is not reached.*

# MORE INFO:

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