



OBJECT: "ELBA WELLNESS WEEK ®"

EXCLUSIVE weeks of Wellness and fun, for children and adults, min. 14 years

Elba Excursions ASD, active multisport club specialized in the main aquatic disciplines, affiliated with CONI/CMAS/FIPSAS/OPES, has been involved in sports and tourist services since 1998, and is the contact person for the Arc. Toscano of the Environmentalist Association MAREVIVO div. Diving and OPES div. Contact Diving for Tuscany.

The instructors are all also trained in BLS and WLS rescue. A defibrillator is operational at the headquarters and there is a "Lifeguard Assistance" service.

The program of the week will be managed by one of our PROFESSIONAL "Fitness Manager".

The location of the ELBA WELLNESS WEEK is ideal for being comfortable and safe, the BLU BAIA!

The area includes our Active Clubs FABRICIA and GROTTA, close to each other only 800m by sea and 10' by car. The overlooking sea area, which is all shallow water, allows us to have no maritime traffic around and a lot of operational tranquility also for fun in the water.

The week is suitable for ALL those who want to regenerate and have fun! It will take place with a program where holistic, fitness, sporting, aquatic, cultural and outdoor activities will be integrated, plus leisure and relaxation activities will be added.

Minimum number of participants 6, maximum 12

Schedule "ELBA WELLNESS WEEK®"

	SAB	DOM	LUN	MAR	MER	GIO	VEN	SAB
9:30		Muscle Toning	Muscle Toning	Boat & Trek "Enfola"	Muscle Toning	Discover Portoferraio	Muscle Toning	Muscle Toning
11:00		Aqua Dynamic	Aqua Dynamic		Aqua Dynamic		Aqua Dynamic	Departure
11:45		Aqua Relax	Aqua Relax		Aqua Relax		Aqua Relax	
17:30	Arrival	Walking S.Stefano	Fitness Trail	Aqua Relax	Walking Lago	Fitness Trail	Fitness Trail	
18:00	Sunset Yoga		Sunset Yoga	Yoga Relax		Sunset Yoga	Sunset Yoga	

Anyone with min. 14 years old can participate, able to swim and stay afloat.

You will need everything you need for the swimming pool/sea, swimming costume, plastic slippers, NO cap. You will need 1 wind/rain jacket, sunglasses, hat, sunscreen (50spf) and aftersun. WE RECOMMEND bringing comfortable sports clothing, which must include: 1 tracksuit, 1 sweater or fleece, shorts and outdoor shoes, and any personal fitness "mat".

The participation fee p/p for the "ELBA WELLNESS WEEK ® package is Euro 300.00*

*The price includes:

- Activities and excursions package, complete with equipment in use and vehicle rental
- "Member" card with insurance
- Backpack with program kit

PACK "FAMILY":

02 parents/companions, 01 boy/girl ONE FREE

01 parent/companion, 02 children ONE FREE

ACCOMMODATION AGREEMENTS

You can combine the "ELBA BLUE CAMP®" package with accommodation in our affiliated facilities:

- HOTEL FABRICIA**** where we have our headquarters and most of our activities take place
- HOTEL GROTTA DEL PARADISO** (B&B only) where we have our own local unit, 10' by car from our site
- RESIDENCE at 500m. from our headquarters, reachable on foot

N.B. To take advantage of the "ACCOMMODATION AGREEMENTS", indicate the week chosen for the camp and the number of people at elbaexcursions@gmail.com

FERRY AGREEMENTS

All participants can take advantage of our ferries/ferry agreements by following the instructions on our website:

www.elbaexcursions.it/traghetti-online

INFO +39 3384119393 - elbaexcursions@gmail.com

