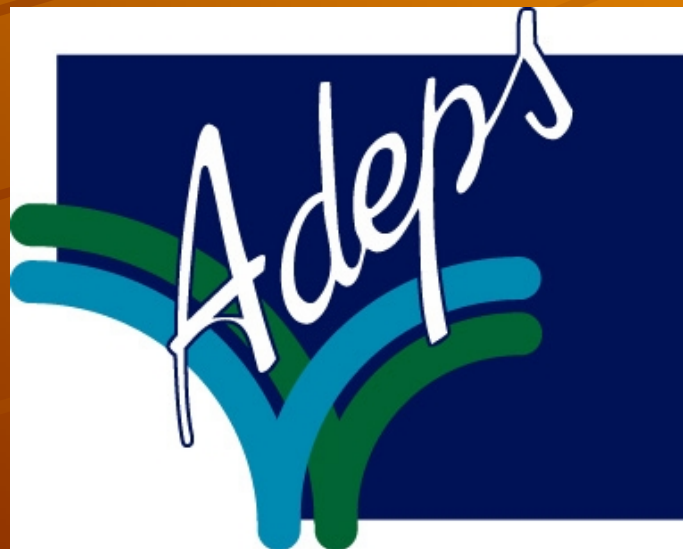


# Centre ADEPS « La Mosane »

Allée du Stade, 3  
5100 JAMBES



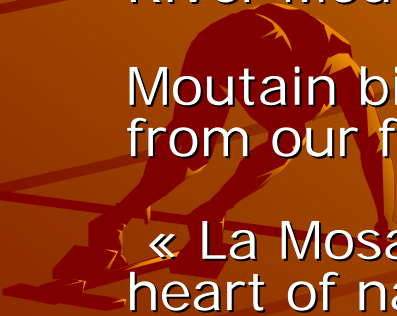
# Geographical situation

- ◆ The sports complex « La Mosane » is situated in the center of Jambes.
- ◆ Close to the railway station, it is also easily accessible by car as well as various means of transport

Set in an urban area, it is also situated in the heart of the River Meuse Valley.

Mountain bike and orientation trails are just a few minutes from our facilities

« La Mosane »: the advantages of urban location in the heart of nature



# Mosane: A varied range of activities

- ◆ Daytime : sports activities for schools
- ◆ Evening time : hosting of local sports clubs
- ◆ Holiday time: training sessions organized either by Adeps (Sports Administration) or by different federations

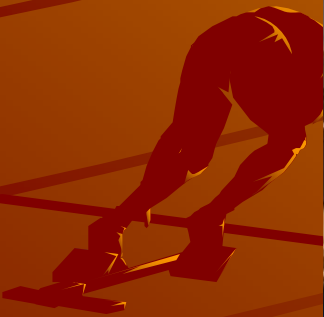
◆ Main training center + head office for  
AWBB (Basketball federation)

◆ Main training center + head office for  
Fencing Federation

◆ High quality facilities for meetings and  
seminars

# Sports facilities

Multisport gym equipped with parquet floor and climbing wall



# Fencing

- ◆ A room especially designed for fencing



# Body Building – Power training

- ◆ To improve one's physical condition



# Athletics

- ✦ The tracks of athletics
- ✦ The corridor (lane) for indoor training





# Accommodation

- 3 floors with bedrooms :
  - 1 single room
  - 9 double rooms
  - 2 dorms for 4 persons

- Bathroom in every room



# Contact

◆ Phone : 0032 81 322 350

◆ Fax : 0032 81 322 369

◆ Mail : [adepts.jambes@cfwb.be](mailto:adepts.jambes@cfwb.be)

◆ Easily accessible by train or by car

◆ Anne Willems : 0032 475 94 38 92

