



SWISS AEROBIC GYMNASTICS



**AEROBIC GYMNASTICS NATIONAL
CHAMPIONSHIP with
INTERNATIONAL PARTICIPATION**

**10-11 Novembre 2018
Lugano (CH)**

Info and contacts:
www.sfaegym.com
gymnasts@sfaegym.com

TRANSPORT:

We recommend to fly to Malpensa Airport.
It's very easy reach Lugano from the airport.
There are different ways:

- Malpensa Express (<http://malpensa-express.com/>)
- Rail Train or Bus of Ticino (<http://www.tilo.ch/>)
- Private Shuttle (<http://www.jetbus.ch/> or <http://www.giosytours.ch/>)

Please, send an email at least one week before the competition to gymnasts@sfaegym.com, with all the information about your arrival to Lugano. We can help you!

ACCOMODATION:

The competition hall is in the city of Lugano, neighborhood of Breganzona. Lugano is a very touristic city, and it's not very big so you can reach easier every part of the city.

We suggest you some accommodations near the competition hall (prices are for rooms, not people).

(Reservation and Info for hotel payment can be communicated at gymnasts@sfaegym.com)

- **Apartment Canevascini** (700 mt far from competition hall)

Double room + shared bathroom → 2 people/ 1 night : 78,80 fr

Single room + shared bathroom → 1 person/1 night : 74,30 fr

+ 3,00 fr tax a day per person

+ 5,00 fr extra cost for cleaning service

- **Hotel Villa Marita** (300 mt far from competition hall)

Double room + private bathroom → 2 people/ 1 night : 95,00 fr

+ optional breakfast: 9,00 fr

+ 3,7% IVA

+ 4,55 fr tax a day per person

- **Acquarello Swiss Quality Hotel** (1,6 km far from competition hall)

Double room(single beds) + private bathroom → 2 people/1 night: 124,00 fr
(Breakfast included)

Single room + private bathroom → 1 person/1 night: 102,00 fr
(Breakfast included)

Small Apartment+ kitchenette → 3 people/1 night: 292,00 fr
(Breakfast included)

Small Apartment+ kitchenette → 4 people/1 night: 340,00 fr
(Breakfast included)

- **IBIS HOTEL, Como (ITALY)** (Close to Switzerland Border, 40 km far from competition hall)

Double room + private bathroom → 2 people/ 1 night : 50,00 Euro
(Breakfast included)

+ optional dinner 18,00 Euro per person

FOOD AND BEVERAGE for LUNCH TIME (take-away) (not mandatory, available with reservation)

A take-away lunch can be reserved and paid in advance at
gymnasts@sfaegym.com

It will be served from 12.00 to 14.00 at the competition hall for both 2 days of competition

LUNCH:

2 Sandwiches

1 Snack

1 Fruit

1 bottle of water

PRICES: 1 DAY LUNCH 10fr; 2 DAYS LUNCH 18,00 fr.

We assure a small BAR-SERVICE in the competition hall for all two days of competition for athletes and delegation.