



SAILING & SUMMER SPORTS CAMPS

BE FREE

LIGNANO SABBIAORO

**BE FREE
SPORT CENTER**

**YOUR SPORTS IN
BELLAITALIA**

**WE THINK ABOUT THE
SPORTS, YOU THINK
ABOUT THE REST**

INDEX OF ACTIVITIES



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BIKE RENTAL / BIKE TOURS



SAFE AND CONTROLLED LIGNANO BIKE TOURS: BIKE TOUR + BIKE RENTAL.

Rather than a boring bus ride around the city of Lignano, those who participate in our packages can enjoy observing the details during bike tours.

Led by our instructors, the bike tours are educational and safe, giving each participant a trip to remember. Everyone can ride for one or two hours or enjoy half-day trips to Bibione or Marano. We also organize full-day rides with lunch breaks to keep everyone energized and excited to keep pedaling!



SUP, SUP INDOOR



SUP, SUP INDOOR, YOGA SUP, SWIMMING, WATERPOLO, APNOEA.

We have a 100% safe swimming environment. In addition, Bellaitalia's indoor Olympic pool allows us to practice water polo, indoor SUP, freediving and many other water sports. Our instructors divide the groups into smaller teams to give everyone a taste of every water sport available.

In the summer we take our participants to the beach and if conditions do not permit, we use the 50-meter indoor pool, which is warm, safe and controlled to avoid any danger.



SUP, KAYAK, SAILING



We have different levels of training (depending on the age and ability of the kids) ranging from single and double SUP, to 8-person Mega SUP, to kayaking, creating the perfect environment for team training and socialization

The one-and-a-half hour Water Sports Package alternates between the different disciplines and can be used as a single experience or can be structured as a course in multiple dates during the vacation.



SAILING



We teach teens and young adults how to sail, read and understand the movements of the sea, starting with complete beginner training and getting to the point where everyone can manage their sails independently! We also offer the possibility of organizing an entire course dedicated to sailing or to experiences and individual exits focused exclusively on it.



ISLAND OF SHELLS



Motorboat tour on the desert Shell Island, so called because it is covered with beautiful shells; a walk on the desert island savoring the pristine sea of Lignano. The pick-up will be in front of Bellaitalia beach and the duration is about 3 hours.



ORIENTEERING



We have created an exciting, gated hiking experience featuring multiple trails that allows kids to explore the woods on their own.

Every inch of our trails is clear of hazards, and kids will be helped by our instructors when needed. The hiking and orienteering experience starts simple and can be designed to progress into more difficult trails as the children advance in level. This creates an adrenaline challenge that puts them in touch with nature and helps them develop their sense of orientation.



BEACH TENNIS



With our beach tennis instructors you can structure the activity by offering kids a simple one-and-a-half hour experience or a proper course for the entire vacation, alternating lessons with refreshing swims in the sea!



KRAV MAGA



Krav Maga originated in Israel in 1948, it features techniques that come from Muay Thai, Boxing, Judo and Jiu-Jitsu and is classified neither as a martial art nor as a combat sport.

In fact, it is a practical system of self-defense and combat not aimed at competitive fighting that, due to its simplicity, is easy to apply and suitable for everyone. What matters in Krav Maga is prevention, managing and controlling every form of violence and attack.

It is an easy discipline to learn and to maintain, because it exploits instinctive human reactions when one is threatened.



A VARIETY OF SPORTS



BASKET, FOOTBALL, RUGBY, FLOORBALL, TENNIS, BEACH TENNIS, BEACH VOLLEY, BEACH SOCCER, BEACH RUGBY.

With groups of 15-20 children and teenagers, we find ourselves dealing with different personalities and mind-sets. We help this process through team sports led by our professionals. We create exciting activities, leagues and competitions, helping everyone get form friendships through team successes. With us, you can help participants discover their passion for sports, create new relationships, and give everyone a memorable experience based on team spirit!



EDUCATIONAL TOURS



Be Free can help you enhance your vacation by planning comprehensive educational tours.

We take care of the kids' minds and bodies by giving them a taste of Lignano's heritage.

We offer you the opportunity to plan different visits to key destinations such as Trieste, La Grotta Gigante, Miramare, Aquileia, and Venice.

On these trips, your clients' kids will learn more about the history of these places, come into contact with the welcoming Italian community, and expand their knowledge of our fantastic area!



BASE FOR LARGE GROUPS



Our base offers an excellent starting point for your day's beach sports activities!

The Group can stay in a large space allowing rotation for large groups who will tackle the various activities, being able to alternate them while also taking advantage of the beach volleyball, beach soccer and beach tennis courts behind the facility.



BANANABOAT PATTÌNI



WATERSPORT | UFFICIO 13
UFFICIO 17
BANANABOAT - PARASAILING - RENTBOAT



We also propose other fun activities found in the same Bella Italia village facility.

Among others: bananaboat, parasailing, boat rental, pedal boats, etc.



WHO WE ARE



We are Gianpaolo and Alessia, the founders of Be Free, we are professional athletes in life and kids at heart.

We combine decades of experience as professionals with our passion to create unique experiences for kids. Be Free is here to educate, motivate and excite children and teens.

We show them how to have fun through sports, guiding them step by step to introduce them to new adventures.

We work with specialized and trained instructors to protect your participants in every activity.

We create a safe, yet exciting environment for kids of all ages!



A COMPLETE PACKAGE



Be Free is the perfect partner to help you plan and organize a smooth week. We find the best options for your group, organize different sports activities, and create a flexible but thorough plan that grants every participant a great time.

Our work is a collaboration with Bellaitalia, which provides the accommodations and facilities, and thanks to their availability we can deliver a well-rounded experience allowing your participants to learn, have good memories, and spread the word about your packages!

WHY WORK WITH US?



Our leaders Gianpaolo and Alessia have spent 20 years of their lives working with children.

They know how to excite, entertain and educate, and most importantly, they know how to keep them safe. They plan a great week considering flexibility as the number one priority, and managing any sudden changes, last-minute cancellations or simply different preferences of the group.

With their programs in your packages, you will be able to attract more customers and build more trust around your brand.



EXAMPLE OF A TYPICAL WEEK FOR 50 KIDS



	LUN	MAR	MER	GIO	VEN
9:00-10:30	Arrival	Venice	Basket or Beach rugby	Beach tennis	
10:30-12:00	Arrival	Venice	Orienteering	Sup or Mega-sup	
Lunch					
14:30-16:00	Bike tour	Venice	Beach tennis	Beach relay	
16:00-17:30	Bike tour	Venice	Water sport or Kayak		



If you are interested in giving each client the experience they will want to repeat each summer, contact us today and let's get started!



Contacts

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click to chat
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