

ALAN - Maladies Rares Luxembourg

What is ALAN - Maladies Rares Luxembourg?

Founded in 1998, "ALAN - Maladies Rares Luxembourg" is a non-profit association aiming to support people concerned by neuromuscular diseases and their families. In 2005, ALAN - Maladies Rares Luxembourg began to help people with rare diseases. The main aim of ALAN is to enhance the quality of life of their members.

Offer in the way of physical activity

ALAN - Maladies Rares Luxembourg has offered weekly aquatic physical activities (group called Zesummen an d'Schwemm), zumba and soft gym which are adapted to the fitness of the participants. The sessions aim to decrease muscle stiffness and to improve balance, fitness and well-being by using adapted exercises.




Types of exercises offered

A session of aquaerobics is proposed for adults. The intensity of the exercises and the conditions of their completion are adapted to each person's capacity. The aquaerobics is supervised by a physiotherapist and/or certified athletic trainer. At the same time as the aquaerobics for adults, two physiotherapists work with children to decrease their joint and muscle stiffness and to relax them. For these sessions, the presence of at least one parent is mandatory. A lifeguard is present to ensure the security in the pool. Before and after the session, ALAN volunteers will help participants to undress and to dress in the changing-room. The volunteers may also help in the swimming-pool.

Who can participate?

Anyone afflicted with a rare disease can take part in this group.

Where and when are the sessions held?

	Zumba	Tuesday	Centre Culturel
		1.45 to 2.45 pm	Capellen
	Yoga	Wednesday	Mamerhaff
		5.30 to 6.30 pm	Mamer
	Aquaerobics	Thursday	Piscine du Rehazenter
		5.00 to 7.00 pm	Luxembourg



Information & registration

ALAN - Maladies Rares Luxembourg
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What are the costs?

The yearly membership card costs 15 € per person or 20 € per family.