

GYM GENERATION SUMMER CAMPS 2021

"DISCOVER THE JOY OF SPORTS"



DAY PROGRAM EXAMPLE

- 09:00 - 09:15** Meeting at GYM Generation
- 09:15 - 09:30** **WARMING UP** and **STRETCHING** exercises
- 09:30 - 10:30** **GYMNASTICS** 🤸🏻‍♀️ 🤸🏻‍♀️ 🤸🏻‍♀️
- 10:30 - 10:50** **Tasty and healthy**
We do colourful toasts 🍞🧀 with veggies 🍅🥒
- 10:50 - 12:00** **SWIMMING** 🏊 or **TENNIS** 🎾🎾🎾 or **KARATE** 🥋 or
BOXING 🥊 or **DANCE CLASS** 🕺🕴 with professional trainers or
ORIENTATION GAME - TREASURE HUNT 🏝️🦜
- 12:00 - 13:00** **LUNCH** (hot soup + salad + second dish) / **SIESTA**
Table games with friends and trainers
- 13:00 - 15:00** **Outdoor sports activities: FOOTBALL** tournament 🏈
or **HANDBALL** 🤾 or **ARCHERY** 🏹 or **BADMINTON** 🏸 or
ATHLETICS 🏃 or **ESCAPE ROOM** 🇬🇧
- 15:00 - 15:30** **QUIZ – GOOD NUTRITION** and **snack**
Yogurts with Muesli with berries and fruits 🍏🍓🍒🍑
- 15:30 - 16:00** **BRAIN GYM** exercises or **FUN ENGLISH**
- 16:00 - 17:00** **ECO EXPERIMENT** Cress in an eggshell 🌱🥚
or **LEGO WORKSHOP** or **ECO ART & CRAFTS**
- 17:00** **End of classes. Collection of children**