

GYM GENERATION SUMMER CAMPS

"DISCOVER THE JOY OF SPORTS"

DAY PROGRAM EXAMPLE FOR CHILDREN 5-9 Y.O.



09:00 - 09:15	Meeting at GYM Generation
09:15 - 09:30	WARMING UP and STRETCHING exercises
09:30 - 10:30	GYM Generation SPORT GYMNASTICS 🤸🤸
10:30 - 10:50	Tasty and healthy We do colourful toasts 🍞🧀 with cheese, ham & veggies 🍅🥦
10:50 - 12:00	SWIMMING 🏊 or TENNIS 🎾 or KARATE 🥋 or BOXING 🥊 or DANCE CLASS 🕺🕴 with professional trainers or TREASURE HUNT 🌴🦜
12:00 - 13:00	Lunch / Rest Board games and games on their own under the supervision of instructors
13:00 - 13:30	ACTIVE TEAM GAMES, RIDDLES or FUN SPORT GAMES IN ENGLISH 🇬🇧
13:30 - 15:00	OUTDOOR SPORTS activities: FOOTBALL tournament ⚽ or HANDBALL 🏐 or ARCHERY 🏹 or BADMINTON 🏸 or TRACK & FIELD 🏃
15:00 - 15:30	Nutrition QUIZ and snack Yogurts with Muesli with berries and fruits 🥛🍓🍏🍓🍇
15:30 - 16:00	SOMERSAULTS or BRAIN GYM exercises or YOGA 🧘
16:00 - 17:00	LEGO workshop or ARTS & CRAFTS
17:00	End of classes. Collection of children