

GYM GENERATION SUMMER CAMPS

"DISCOVER THE JOY OF SPORTS"

DAY PROGRAM EXAMPLE FOR CHILDREN 8-13 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** 🕺🕺 **or** **ORIENTEERING GAME** 🗺️ **or**
ACROBATICS 🤸🏻‍♀️ **with professional trainers**
- 12:00 - 13:00** **Lunch / Rest**
Board games and games on their own under the supervision of instructors
- 13:00 - 14:40** **Outdoor sports activities: FOOTBALL** ⚽ **or**
HANDBALL 🏐 **or** **ARCHERY** 🏹 **or** **BADMINTON** 🏸
or **TRACK & FIELD** 🏃🏻‍♀️
- 14:40 - 15:30** **ESCAPE ROOM IN ENGLISH** 🇬🇧 **and snack**
Yogurts with Muesli with berries and fruits 🥛🍓🍏🍓🍇
- 15:30 - 16:00** **FIRST AID** 🚑 **or** **SELF DEFENCE** **or** **BRAIN GYM** **or** **JOGA** 🧘🏻‍♀️
- 16:00 - 17:00** **EXPERIMENTS** 🌱🥛 **or** **LEGO** workshop
- 17:00** **End of classes. Collection of children**