

# GYM GENERATION WINTER CAMPS 2024

## "DISCOVER THE JOY OF SPORTS"

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



<b>08:00 - 08:10</b>	<b>Meeting at GYM Generation</b>
<b>08:10 - 08:30</b>	<b>WARMING UP and stretching exercises</b>
<b>08:30 - 09:30</b>	<b>SPORT GYMNASTICS GYM Generation 🤸🤸</b>
<b>09:30 - 10:00</b>	<b>Tasty and healthy</b> We make toasts 🍞🧀 with cheese, ham & veggies 🍅🥒
<b>10:00 - 11:30</b>	<b>Class of SWIMMING 🏊 or TENNIS 🎾 or KARATE 🥋</b> <b>or BOXING 🥊 or DANCE 🕺 with professional trainers</b> (1 class every day of the week)
<b>11:30 - 12:00</b>	<b>FUN ENGLISH games in English 🇬🇧</b>
<b>12:00 - 13:30</b>	<b>Lunch (hot soup + salad + second dish) / Rest and free time</b>
<b>13:30 - 14:40</b>	<b>Outdoor / indoor sports activities: FOOTBALL tournament</b> <b>⚽ or FIELD HOCKEY 🏑 or ARCHERY Robin Hood 🏹 or</b> <b>SNOW GAMES ❄️ or TRACK&amp;FIELD 🏃 or FLIPS &amp;</b> <b>SOMERSAULTS 🤸 or FUN TOURNAMENTS</b> (different sports each day of a week)
<b>14:40 - 15:30</b>	<b>ECO ARTS&amp;CRAFTS or LEGO WORKSHOP and snack</b> Yogurts with fruits and biscuits 🥛🍉🍏🍓🫐
<b>15:30 - 16:00</b>	<b>ZAJĘCIA Z PIERWSZEJ POMOCY 🚑 lub BRAIN GYM lub JOGA</b>
<b>16:00</b>	<b>End of classes. Collection of children</b>