

# GYM GENERATION WINTER CAMPS 2024

## "DISCOVER THE JOY OF SPORTS"

### DAY PROGRAM EXAMPLE — FOR CHILDREN 8-13 Y.O.



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