

# GYM GENERATION SUMMER CAMPS 2025

## "DISCOVER THE JOY OF SPORTS"

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

09:00 - 09:15	Meeting at GYM Generation
09:15 - 09:45	WARMING UP, STRETCHING and TEAM GAMES
09:45 - 10:45	SPORTS GYMNASTICS ARTISTIC GYMNASTICS GYMNASTICS ON AIRTRACK ROLLOVERS, HEADSTANDS
10.45 - 11.00	Tasty and healthy ( <i>Different snacks each day of the week</i> ) Toasts with cheese, ham & veggies
11:00 - 12:30	SWIMMING or TENNIS or KARATE or BOXING or DANCE CLASSES with professional trainers or PIRATE QUEST ( <i>1 different training every day</i> )
12:30 - 13:30	Lunch / Rest
13:30 - 14:00	FIRST AID CLASS or „FUN ENGLISH” GAMES
14:00 - 15:30	Outdoor sports activities: FOOTBALL tournament or HANDBALL or ARCHERY or BADMINTON or TRACK & FIELD or FUN SPORT TOURNAMENTS ( <i>different activities every day</i> )
15:30 - 16:00	ECO GOOD FOOD and snack ( <i>different afternoon snack every day</i> ). Yogurts with Muesli, berries and fruits
16:00 - 16:15	BRAIN GYM or YOGA or MEDITATION
16:15- 17:00	LEGO WORKSHOP or ARTS&CRAFTS
17:00	End of a day. Children pick-up