

GYM GENERATION SUMMER CAMPS 2025

"DISCOVER THE JOY OF SPORTS"

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

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