

Kids Sports Academy - Program (Example)							
5 - 7 Years Old	Monday 21-Jul	Tuesday 22-Jul	Wednesday 23-Jul	Thursday 24-Jul	Friday 25-Jul	Saturday 26-Jul	Sunday 27-Jul
9:00	Family Beach Bootcamp meet at the Beach		Football at the beach unsupervised	Family HIIT at the Sportzone		*Kids Mini Tri (Swim 50m - Cycle 850m - Run 350m) Sign up in Sportsbooking Friday before 16.00. Meeting Point is Plaza Rambla	Family Beach Bootcamp meet at the Beach
10:00	*Kids Badminton at the Indoorhall			Kids Fun Games at Plaza Rambla	Kids Fun Games in Indoor Hall		*Family Badminton at Indoor Hall
11:00							
12:00							Handball at the Indoorhall/ 12.30 Kids Adventure Race at Plaza Rambla
13:00				13.15 *Kids Jumping in Wodbox			Kids Minigolf meet at Sportsbooking / 13.15 *Kids Jumping in Wodbox
14:00	Kids Football Game at Sportzone / Kids Fun Games in Indoor Hall	Kids Football Game at Sportzone	Kids Football Game at Sportzone / Kids Aqua Games at Apartpool	Kids Football Game at Sportzone / Kids Aqua Games at Apartpool	Kids Football Game at Sportzone	Kids Football Game at Sportzone	Kids Football Game at Sportzone
15:00	Aqua at Apartpool	kids Olympic games at Indoor Hall	15.15 Kids Fun Parcour in Wodbox	Aqua Showtime at Apartpool	Aqua at Apartpool	Aqua Showtime at Apartpool	Family Aqua at Apartpool
16:00					* Kids Try Tennis / 16.15 Kids Aqua Games at Apartpool	Kids Minigolf meet outside sportsbooking	Kids Fun Games at Plaza Rambla
17:00				Dance Jazz Class at Sportzone		Dance Fitness at Sportzone / Kids Volleyball at the volleyball court	
18:00			18.30 Met & Greet with Polly & Mino	Family Handball Adults vs Kids at the Indoorhall	Try out bikes for Mini Tri at Cycle Center	18.30 Kids Mini Disco at Apartpool	
8 - 11 Years Old	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00	Family Beach Bootcamp meet at the Beach	Football at the beach unsupervised		Family HIIT at the Sportzone/ Football at the beach	Football at the beach unsupervised	*Kids Mini Tri (Swim 50m - Cycle 850m - Run 350m) Sign up in Sportsbooking Friday before 16.00. Meeting Point is Plaza Rambla	Family Beach Bootcamp meet at the Beach
10:00	*10.30 Kids Badminton at the Indoorhall			10:30 Kids Fun Games at Plaza Rambla	Kids Fun Games in Indoor Hall		*Family Badmintonn at the indoor hall/
11:00		Kids Football in Indoor Hall		Handball at the indoor hall			
12:00				*Badminton at the indoor hall			12.30 / Handball at the Indoorhall/ 12.30 Kids Adventure Race at Plaza Rambla
13:00	Kids Football Game at Sportzone	Kids Football Game at Sportzone	Kids Football Game at Sportzone	Kids Football Game at Sportzone / 13.30 *Kids Jumping in Wodbox	Kids Football unsupervised at Sportzone / * Family Spinnertainment	Kids Football Game at Sportzone	Kids Football Game at Sportzone / 13.30 *Kids Jumping in Wodbox
14:00	14.30 Kids Fun Games in Indoor Hall		14.30 Kids Aqua Games at Apartpool	14.30 Kids Aqua Basket at Apartpool			
15:00	Aqua at Apartpool	15.30 kids Olympic games at Indoor Hall	Aqua at Apartpool/ 15.15 Kids Fun Parcour in	Aqua Showtime at Apartpool	Aqua at Apartpool	Aqua Showtime at Apartpool	Family Aqua at Apartpool
16:00	Kids Volleyball (unsupervised) at the volleyball court /Kids Floorball at indoorhall	Kids Volleyball (unsupervised) at the volleyball court	Kids Volleyball (unsupervised) at the volleyball court	Kids Volleyball (unsupervised) at the volleyball court	* Kids Try Tennis/ Kids Volleyball (unsupervised) at the volleyball court	Kids Minigolf meet outside sportsbooking	Kids Volleyball (unsupervised) at the volleyball court / 16.30 Kids Fun Games at Plaza Rambla
17:00				Dance Jazz Class at Sportzone	Kids Aqua Games at Apartpool	Dance Fitness at Sportzone / 17.30 Kids Volleyball at the volleyball court	
18:00			18.30 Meet & Greet with Polly & Mino	Family Handball Adults vs Kids at the Indoorhall	Try out bikes for Mini Tri at Cycle Center	18.30 Kids Mini Disco at Apartpool	
12 - 15 Years Old	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00	Family Beach Bootcamp meet at the Beach	Football at the beach unsupervised		Family HIIT at the Sportzone/ Football at the	Football at the beach unsupervised	* Kids Mini Tri (Swim 50m - Cycle 850m - Run 350m) Sign up in Sportsbooking Friday before 16.00. Meeting Point is Plaza Rambla	Family Beach Bootcamp meet at the Beach/
10:00				*Teens Wod at the Wod Box	Kids Fun Games in Indoor Hall		*Family Badmintonn at the indoor hall/
11:00		11.30 Kids Football in Indoor Hall		Handball at the indoor hall			
12:00				12.30 *Badminton at the indoor hall			12.30 / Handball at the Indoorhall/ 12.30 Kids Adventure Race at Plaza Rambla
13:00	Kids Football Game at Sportzone	Kids Football Game at Sportzone	Kids Football Game at Sportzone	Kids Football Game at Sportzone / 13.30 *Kids	* Family Spinnertainment	Kids Football Game at Sportzone	Kids Football Game at Sportzone / 13.30 *Kids

