			Kids Sports Acad	damy - Program (E	xample)		
5 - 7 Years Old	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00	21-jul Family Beach Bootcamp meet at the Beach	22-jul	23-jul  Football at the beach unsupervised	24-jul Family HIIT at the Sportzone	25-jul	26-jul *Kids Mini Tri (Swim 50m - Cycle 850m - Run 350m)	27-jul 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	Sign up in Sportsbooking Friday before 16.00. Meeting Point is Plaza	*Family Badminton at Indoor
11:00						Rambla	
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	Aqua at Apartpool / 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
	Family Beach	•		Family HIIT at the	•	,	Family Beach
9:00	Bootcamp meet at the Beach	Football at the beach unsupervised		Sportzone/ Football at the beach	Football at the beach unsupervised	*Kids Mini Tri (Swim	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	50m - Cycle 850m - Run 350m) Sign up in Sportsbooking Friday before 16.00. Meeting Point is Plaza Rambla	*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	Kids Football unsupervised at Sportzone / * Family Spinnertainme	Kids Football Game at Sportzone	Kids Football Game at Sportzone / 13.30 *Kids Jumping in
14:00	14.30 Kids Fun Games in Indoor Hall		14.30 Kids Aqua Games at Apartpool	Wodbox 14.30 Kids Aqua Basket at Apartpool	nt		Wodbox
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 indoorball	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	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	Monda	Tuosda					Sunder
9:00	Monday Family Beach Bootcamp meet	Football at the beach	Wednesday	Thursday Family HIIT at the Sportzone/	Friday  Football at the beach	Saturday	Sunday  Family Beach Bootcamp meet at the
10:00	at the Beach	unsupervised		*Teens Wod at the Wod Box	unsupervised  Kids Fun Games in Indoor Hall	* Kids Mini Tri (Swim 50m - Cycle 850m - Run 350m) Sign up in Sportsbooking Friday before 16.00.	*Family Badmintonn at the
11:00		11.30 Kids Football in Indoor Hall		Handball at the indoor hall		Meeting Point is Plaza Rambla	
12:00		mador i Idii		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	Plaza Rambla Kids Football Game at Sportzone / 13.30 *Kids

	14.30 Kids Fun		14.30 Kids	14.30 Kids Aqua			
14:00	Games in		Aqua Games at	Basket at			
	Indoor Hall		Apartpool	Apartpool			
15:00	Aqua at Apartpool	15.30 kids Olympic games at Indoor Hall	Aqua at Apartpool/ 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 Volleyball (unsupervised) at the volleyball court	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	Kids Minigolf meet outside sportsbooking	Kids Volleyball at the volleyball court
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	
				d to sign up in Sports Boo			
	*Please be awa	re that we are not a day		ace to learn some new sp			while. At least one
				need to be signed in ar			

\*Please be 5 minutes before the activity start, the activity can be canceled when there are less than 3 children