CAMP ITALY 21

check it out!

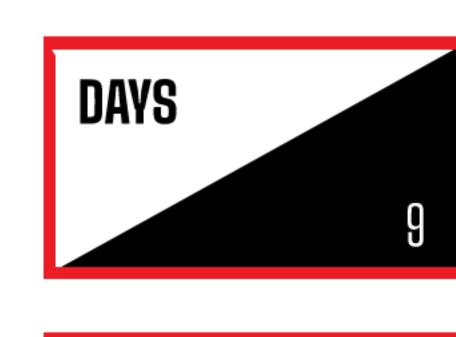
With this camp we would like to offer the children an all-round package.













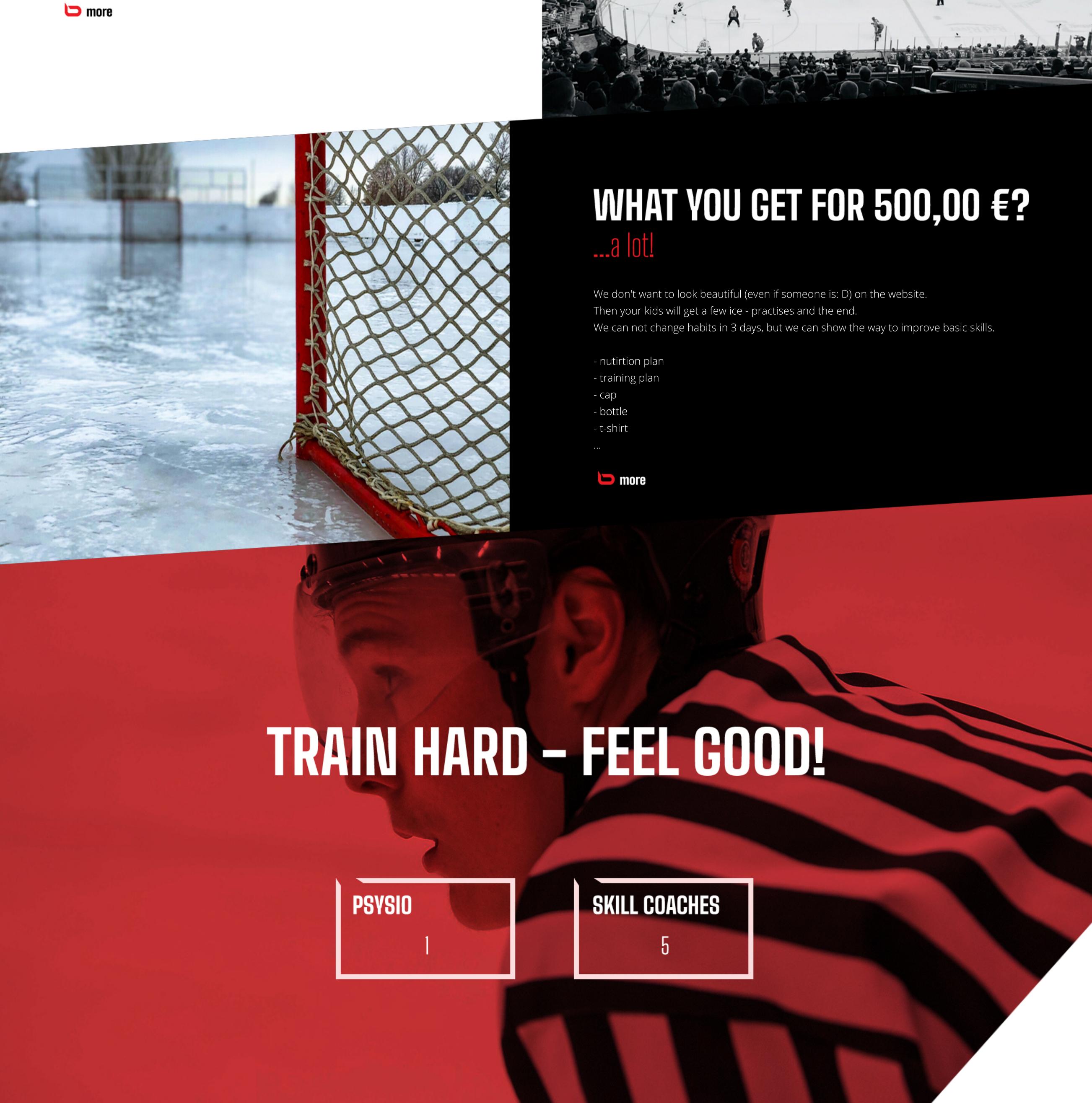
JUST ANOTHER CAMP?

ohhhh yes!

With this camp we would like to offer the children an all-round package. Our staff consists of 13 people. 9 trainers, a physiotherapist supervisor, etc. The child is with us every day from 8 am to 6 pm and is well looked after with breakfast, snacks and lunch. Great attention is paid to nutrition and it is also discussed with the children. Each trainer has his or her own specialty in the various skills: it is very important to describe everything precisely in three days, the children enjoy

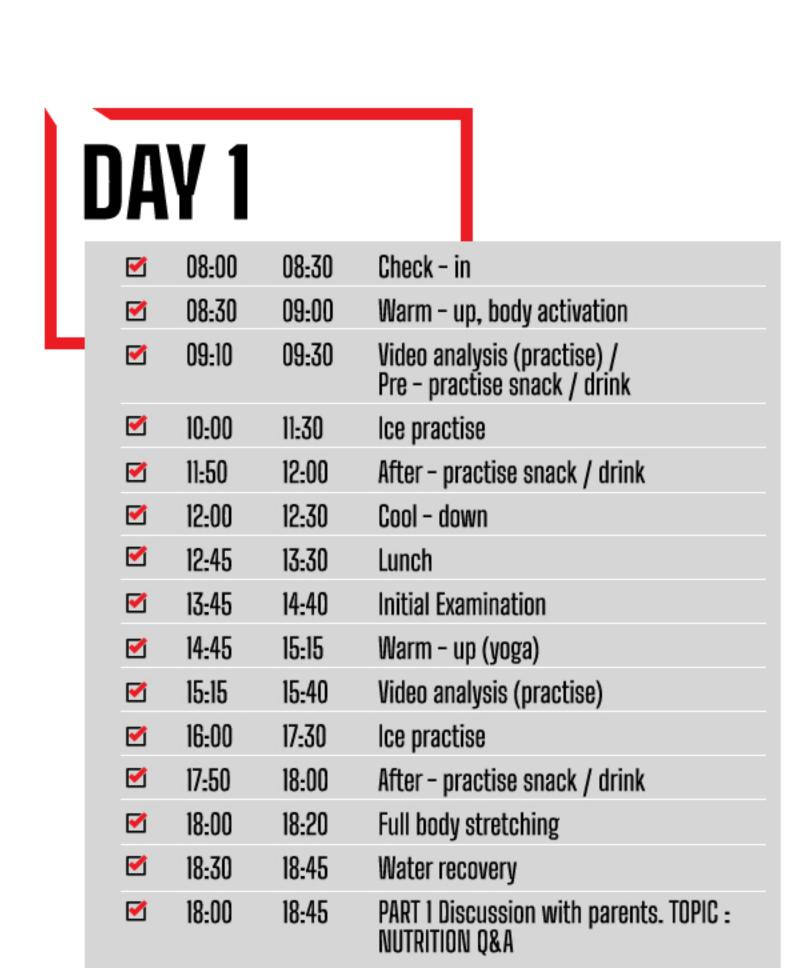
a total of 9 hours of ice training ...





DAILY PROGRAM

Hard and intense!



DA	Y 2		
 ✓	08:00	08:30	Check - in
₫	08:30	09:00	Warm - up, body activation
₫	09:10	09:30	Video analysis (practise) / Pre - practise snack / drink
	10:00	11:30	lce practise
	11:50	12:00	After - practise snack / drink
	12:00	12:30	Cool - down
	12:45	13:30	Lunch
	13:45	14:40	Initial Examination
	14:45	15:15	Warm - up (yoga)
	15:15	15:40	Video analysis (practise)
	16:00	17:30	lce practise
	17:50	18:00	After - practise snack / drink
	18:00	18:20	Full body stretching
	18:30	18:45	Water recovery
₫	18:00	18:45	PART 1 Discussion with parents. TOPIC : NUTRITION Q&A

	DA	Y 3		
П		08:00	08:30	Check - in
ш	~	08:30	09:00	Warm - up, body activation
٦		09:10	09:30	Video analysis (practise) / Pre - practise snack / drink
		10:00	11:30	lce practise
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	~	18:30	18:45	Water recovery
	₹	18:00	18:45	PART 1 Discussion with parents. TOPIC : NUTRITION Q&A

IMPRESSUM

PRIVACY

HOME