



1st Gymnathlon training

We are fully aware that the first Gymnathlon lesson might be the first sports experience for your child ever and you might be worried if your child is ready for that. To help you motivate your child and prepare him/her for the first training, we would like to tell you a bit more about the first lesson. Our coaches will do their best for your child to have lot of fun during the training.

Before the training

We will greet the children and we will spend some time getting to know each other. We will also introduce to children Max, our mascot. Max will be present at every Gymnathlon training, he will be supporting the children and cheering for them. Max is a big friend of ours and he loves to do sport with children. During the Gymnathlon course he will be going home with children and together with them he will be collecting their sport experiences in the notebook. ;-)

During the training

We will practice the 'team shout' to increase the team spirit. Right after we will start our fun exercises, for example we will be swimming in the river, catching fish or we will be hiding in the holes to run away from cats. We will have so much fun!

At the end of the training

We will finish the training with a short breathing exercise and each child will receive a game plan and the very first sticker for their game plan. Max will have to make a hard decision and decide who to spend his first week with.

