



Would you like to help your children  
with improvement in several sport activities  
in an amusing form?



Sign them in the multicultural sport program  
in the centre of the Ostrava.

Children will have an opportunity to learn about a lot of new sports during the eight week long activity, for example: gymnastic practice on the big springboard and with several balance aids, in-line skating and riding on modern tricycles. And all activities take form of different amusing and fun games!

## SPORT IS FUN ALL AROUND THE WORLD

Date: 17.2., 3.3., 17.3., 31.3., 14.4., 28.4., 5.5., 19.5. 2011

Place: Gym of ZŠ Nádražní 17.00 – 19.00, Park Komenského sady 17.00 – 19.00



**Schedule in the gym:** Schedule will be concentrated on the improvement of the physical condition, motor skills and movement coordination with a set of balance aids like BOSU, big springboards etc. Another important part is gymnastic training and also fitness training adapted for the age of the children. Everything is prepared in the form of a game with children divided among several groups based on the age and skills.

**Schedule in the park:** Schedule will be concentrated on the improvement of the physical condition, motor skills and movement coordination with in-line skating and Trikke driving. In-line skating is among the most popular free time activities in the Czech Republic. Trikke is a new sport activity in the CR. It has origin in the USA where it's becoming very popular.

We're looking forward to meet you and your children.  
Chaloupka & Penguin's ski club Ostrava

Send applications to [merova@rcchaloupka.cz](mailto:merova@rcchaloupka.cz).

More information [www.rcchaloupka.cz](http://www.rcchaloupka.cz) or [www.pscsco.cz](http://www.pscsco.cz).



SPOLÉČNÝ SBÍRKOVÝ PROJEKT



nadace rozvoje občanské společnosti