

GYMNATHLON

kids ♥ sport

SPORTS PROGRAM FOR CHILDREN AGED 2.5–11 YEARS

- ✓ Comprehensive physical development
- ✓ Maximally playful content
- ✓ Experienced and qualified coaches
- ✓ Methodology from University experts



Baby

2.5–4 years

First introduction to training and building independence

Development of 10 basic skills



Junior

4–6 years

Building versatility and sports motivation

Development of 12 key skills



Sportmix

6–9 years

Development of versatility and team cooperation

Introduction to the basics of 6 sports



Active

8–11 years

Building fitness and movement habits

Development of 7 physical abilities



70 courses
in Malta

Parent rating:
9.5 out of **10**

7 years of spreading
joy to children

www.gymnathlon.com.mt



GYMNATHLON

kids ♥ sport

Gymnathlon is a **sports program** for children based on the principles of **comprehensive physical development** and **strong emotional experience**.

Thanks to **well-thought-out methodology**, emphasis on **maximum playfulness**, and special features such as **game plans with motivational stickers** and a **traveling mascot**, children leave our training sessions enthusiastic and full of joy.

The mission of Gymnathlon is to build a **lifelong love of sports** in children.

The training content has been developed in collaboration with **experts from Charles University's Faculty of Physical Education and Sports** so that children can develop **key abilities and skills appropriate** for their age. For this purpose, Gymnathlon is structured into four consecutive courses:

Baby

2.5–4 years

First introduction to organized training for the youngest athletes, who, with parental support and the help of various tools, learn basic motor skills and gain independence.

Junior

4–6 years

A versatile sports course focused on building sports motivation and based on a diverse mix of athletic exercises, gymnastic exercises, and movement games, emphasizing the development of key motor skills.

Sportmix

6–9 years

A multisport course aimed at further developing versatility, team spirit, and cooperation through teaching the basics of various sports (basketball, gymnastics, tennis, athletics, volleyball, parkour).

Active

8–11 years

A fitness sports course focused on training physical abilities, technical skills, and reinforcing regular movement habits through fun circuit training and versatile movement games.

70 courses
in Malta

Parent rating:
9.5 out of 10

7 years of spreading
joy to children

www.gymnathlon.com.mt

