

Spring Acro Camp 2

26-27-28 March 2024

		DAY 1 - TUESDAY - 26 MARCH					DAY 2 - WEDNESDAY - 27 MARCH					DAY 3 - THURSDAY - 28 MARCH					
START	END	SESSION	WORKSHOP 1	WORKSHOP 2	WORKSHOP 3	WORKSHOP 4	WORKSHOP 5	WORKSHOP 1	WORKSHOP 2	WORKSHOP 3	WORKSHOP 4	WORKSHOP 5	WORKSHOP 1	WORKSHOP 2	WORKSHOP 3	WORKSHOP 4	WORKSHOP 5
09:00	09:15		Welcome @ ArtGym Sports Centre Acro Clube da Maia, Rua de Almorode, 185, C - Maia					Warm-Up					Warm-Up				
09:15	09:30																
09:30	09:45	1	BALANCE I with Sergey Popov	CHOREO I with Perdie Millard	TOPS WORKOUT (GROUPS) with Miguel Silva & Francisca Maia	BASES WORKOUT (GROUPS) with Yves Vander Donckt	NUTRITION FOR GYMNASTICS with Úrsula Martins	BALANCE II with Yves Vander Donckt	ROUTINE CLEANING with Perdie Millard	BASES WORKOUT (PAIRS) with Sergey Popov	TOPS WORKOUT (PAIRS) with Carolina Dias & Rita Teixeira	TRAMPOLINE II (TWISTS) with António Martins	COACHING SESSION with Sergey Popov	COACHING SESSION with Lourenço França	COACHING SESSION with João Maia	COACHING SESSION with Yves Vander Donckt	ROUTINE CLEANING with Perdie Millard
09:45	10:00																
10:00	10:15																
10:15	10:30																
10:30	10:45																
10:45	11:00		COFFEE BREAK - PAUSA PARA CAFÉ					COFFEE BREAK - PAUSA PARA CAFÉ					COFFEE BREAK - PAUSA PARA CAFÉ				
11:00	11:15																
11:15	11:30																
11:30	11:45	2	BALANCE I with Sergey Popov	CHOREO I with Perdie Millard	TOPS WORKOUT (GROUPS) with Miguel Silva & Francisca Maia	BASES WORKOUT (GROUPS) with Yves Vander Donckt	BASIC LIFE SUPPORT with João Maia	BALANCE II with Yves Vander Donckt	ROUTINE CLEANING with Perdie Millard	BASES WORKOUT (PAIRS) with Sergey Popov	TOPS WORKOUT (PAIRS) with Carolina Dias & Rita Teixeira	TRAMPOLINE II (TWISTS) with António Martins	COACHING SESSION with Sergey Popov	COACHING SESSION with Lourenço França	COACHING SESSION with João Maia	COACHING SESSION with Yves Vander Donckt	ROUTINE CLEANING with Perdie Millard (27th - 18h15)
11:45	12:00																
12:00	12:15																
12:15	12:30																
12:30	12:45																
12:45	13:00		LUNCH - ALMOÇO					LUNCH - ALMOÇO					LUNCH - ALMOÇO				
13:00	13:15																
13:15	13:30																
13:30	13:45																
13:45	14:00																
14:00	14:15																
14:15	14:30																
14:30	14:45	3	DYNAMIC I with Yves Vander Donckt	CHOREO II with Perdie Millard	COACHING SESSION with Sergey Popov	COACHING SESSION with João Maia	TRAMPOLINE I (DOUBLE & MORE) with António Martins	DYNAMIC II with Sergey Popov	ROUTINE CLEANING with Perdie Millard	COACHING SESSION with Yves Vander Donckt	COACHING SESSION with João Maia	TRAMPOLINE III (DOUBLES + TWISTS) with António Martins	COACHING SESSION with Sergey Popov	COACHING SESSION with Lourenço França	COACHING SESSION with João Maia	COACHING SESSION with Yves Vander Donckt	ROUTINE CLEANING with Úrsula Martins
14:45	15:00																
15:00	15:15																
15:15	15:30																
15:30	15:45																
15:45	16:00		COFFEE BREAK - PAUSA PARA CAFÉ					COFFEE BREAK - PAUSA PARA CAFÉ					COFFEE BREAK - PAUSA PARA CAFÉ				
16:00	16:15																
16:15	16:30																
16:30	16:45	4	DYNAMIC I with Yves Vander Donckt	CHOREO II with Perdie Millard	COACHING SESSION with Sergey Popov	COACHING SESSION with João Maia	TRAMPOLINE I (DOUBLE & MORE) with António Martins	DYNAMIC II with Sergey Popov	ROUTINE CLEANING with Perdie Millard	COACHING SESSION with Yves Vander Donckt	COACHING SESSION with João Maia	TRAMPOLINE III (DOUBLES + TWISTS) with António Martins	COACHING SESSION with Sergey Popov	COACHING SESSION with Lourenço França	COACHING SESSION with João Maia	COACHING SESSION with Yves Vander Donckt	ROUTINE CLEANING with Úrsula Martins
16:45	17:00																
17:00	17:15																
17:15	17:30																
17:30	17:45																
17:45	18:00		Tiny Break - Pequeníssima Pausa										FAIRWELL / CLOSING - ENCERRAMENTO				
18:00	18:15																
18:15	18:30		Be the best you can be with Lourenço França														
18:30	18:45																
18:45	19:00																
19:00	19:15																
19:15	19:30																
19:30	19:45																
19:45	20:00																
20:00	20:15		DINNER - JANTAR														
20:15	20:30																
20:30	20:45																
20:45	21:00							Activities - Let's play!!!									

Acro Workshops
Choreography Workshops
General Workshops