

## Harmonogram zajęć w ramach programu "Lokalny Animator Sportu"

### grudzień 2016

|                  |                 |
|------------------|-----------------|
| <b>Miejsce:</b>  | ORLIK Na Błonie |
| <b>Animator:</b> | Agnieszka Róg   |

#### TYDZIEŃ I

|       | PONIEDZIAŁEK | WTOREK | ŚRODA | CZWARTEK  | PIĄTEK                                    | SOBOTA                                    | NIEDZIELA |
|-------|--------------|--------|-------|-----------|-------------------------------------------|-------------------------------------------|-----------|
|       |              |        |       | 1-12-2016 | 2-12-2016                                 | 3-12-2016                                 | 4-12-2016 |
| 09:00 |              |        |       |           |                                           | PN -dzieci i młodzież                     |           |
| 09:30 |              |        |       |           |                                           |                                           |           |
| 10:00 |              |        |       |           |                                           |                                           |           |
| 10:30 |              |        |       |           |                                           | Koszykówka nauka rzutów-dzieci i młodzież |           |
| 11:00 |              |        |       |           |                                           |                                           |           |
| 11:30 |              |        |       |           |                                           |                                           |           |
| 12:00 |              |        |       |           |                                           |                                           |           |
| 12:30 |              |        |       |           |                                           | Gry i zabawy-dzieci , młodzi              |           |
| 13:00 |              |        |       |           |                                           |                                           |           |
| 13:30 |              |        |       |           |                                           |                                           |           |
| 14:00 |              |        |       |           |                                           |                                           |           |
| 14:30 |              |        |       |           |                                           |                                           |           |
| 15:00 |              |        |       |           |                                           |                                           |           |
| 15:30 |              |        |       |           | Gry i zabawy - dzieci                     |                                           |           |
| 16:00 |              |        |       |           |                                           |                                           |           |
| 16:30 |              |        |       |           |                                           |                                           |           |
| 17:00 |              |        |       |           | Siatko-noga odbicia i zagrywki - młodzież |                                           |           |
| 17:30 |              |        |       |           |                                           |                                           |           |
| 18:00 |              |        |       |           |                                           |                                           |           |
| 18:30 |              |        |       |           |                                           |                                           |           |
| 19:00 |              |        |       |           |                                           |                                           |           |
| 19:30 |              |        |       |           | Piłna nozna turniej- młodzież             |                                           |           |
| 20:00 |              |        |       |           |                                           |                                           |           |
| 20:30 |              |        |       |           |                                           |                                           |           |
| 21:00 |              |        |       |           |                                           |                                           |           |
| 21:30 |              |        |       |           |                                           |                                           |           |
| 22:00 |              |        |       |           |                                           |                                           |           |

#### TYDZIEŃ II

|       | PONIEDZIAŁEK | WTOREK                             | ŚRODA                                          | CZWARTEK  | PIĄTEK                                            | SOBOTA                 | NIEDZIELA                                   |
|-------|--------------|------------------------------------|------------------------------------------------|-----------|---------------------------------------------------|------------------------|---------------------------------------------|
|       | 5-12-2016    | 6-12-2016                          | 7-12-2016                                      | 8-12-2016 | 9-12-2016                                         | 10-12-2016             | 11-12-2016                                  |
| 09:00 |              |                                    |                                                |           |                                                   | Wypełnianie dokumentów | Tenis c.w odbić i podań - dzieci i młodzież |
| 09:30 |              |                                    |                                                |           |                                                   |                        |                                             |
| 10:00 |              |                                    |                                                |           |                                                   |                        |                                             |
| 10:30 |              |                                    |                                                |           |                                                   |                        |                                             |
| 11:00 |              |                                    |                                                |           |                                                   |                        | Kosz.-rzuty do kosza-dzieci i młodzież      |
| 11:30 |              |                                    |                                                |           |                                                   |                        |                                             |
| 12:00 |              |                                    |                                                |           |                                                   |                        | Lekkoatletyka, biegi -dzieci i młodzież     |
| 12:30 |              |                                    |                                                |           |                                                   |                        |                                             |
| 13:00 |              |                                    |                                                |           |                                                   |                        |                                             |
| 13:30 |              |                                    |                                                |           |                                                   |                        |                                             |
| 14:00 |              |                                    |                                                |           |                                                   |                        |                                             |
| 14:30 |              |                                    |                                                |           |                                                   |                        |                                             |
| 15:00 |              |                                    |                                                |           |                                                   |                        |                                             |
| 15:30 |              | Gry i zabawy z piłką - dzieci      | Piłka Nozna-strzały na bramkę,c.w ataku-dzieci |           | Lekkoatletyka-a-biegi i skoki, dzieci i młodzież  |                        |                                             |
| 16:00 |              |                                    |                                                |           |                                                   |                        |                                             |
| 16:30 |              |                                    |                                                |           |                                                   |                        |                                             |
| 17:00 |              |                                    |                                                |           |                                                   |                        |                                             |
| 17:30 |              | Koszykówka rzuty do kosza - dzieci | Rugby-c.w podań, bloki- młodzież, dziewczęta   |           | Piłka ręczna - poruszanie się po boisku- młodzież |                        |                                             |
| 18:00 |              |                                    |                                                |           |                                                   |                        |                                             |
| 18:30 |              |                                    |                                                |           |                                                   |                        |                                             |
| 19:00 |              |                                    |                                                |           |                                                   |                        |                                             |
| 19:30 |              | Siatko-noga c.w.odbić- młodzież    | Wypełnianie dokumentów                         |           | Gimnastyka dla seniorów                           |                        |                                             |
| 20:00 |              |                                    |                                                |           |                                                   |                        |                                             |
| 20:30 |              |                                    |                                                |           |                                                   |                        |                                             |
| 21:00 |              |                                    |                                                |           |                                                   |                        |                                             |
| 21:30 |              |                                    |                                                |           |                                                   |                        |                                             |
| 22:00 |              |                                    |                                                |           |                                                   |                        |                                             |

TYDZIEŃ III

|       | PONIEDZIAŁEK | WTOREK                                 | ŚRODA                                  | CZWARTEK   | PIĄTEK                        | SOBOTA               | NIEDZIELA  |
|-------|--------------|----------------------------------------|----------------------------------------|------------|-------------------------------|----------------------|------------|
|       | 12-12-2016   | 13-12-2016                             | 14-12-2016                             | 15-12-2016 | 16-12-2016                    | 17-12-2016           | 18-12-2016 |
| 09:00 |              |                                        |                                        |            |                               | Czynności porządkowe |            |
| 09:30 |              |                                        |                                        |            |                               |                      |            |
| 10:00 |              |                                        |                                        |            |                               |                      |            |
| 10:30 |              |                                        |                                        |            |                               |                      |            |
| 11:00 |              |                                        |                                        |            |                               |                      |            |
| 11:30 |              |                                        |                                        |            |                               |                      |            |
| 12:00 |              |                                        |                                        |            |                               |                      |            |
| 12:30 |              |                                        |                                        |            |                               |                      |            |
| 13:00 |              |                                        |                                        |            |                               |                      |            |
| 13:30 |              |                                        |                                        |            |                               |                      |            |
| 14:00 |              |                                        |                                        |            |                               |                      |            |
| 14:30 |              |                                        |                                        |            |                               |                      |            |
| 15:00 |              | Gimnastyka ogólnorozwojowa - młodzież  | Siatkonoga - ćwiczenia odbić - dzieci  |            | Gry i zabawy z piłką - dzieci |                      |            |
| 15:30 |              |                                        |                                        |            |                               |                      |            |
| 16:00 |              |                                        |                                        |            |                               |                      |            |
| 16:30 |              |                                        |                                        |            |                               |                      |            |
| 17:00 |              | Piłka nożna - gra - dzieci i młodzież  | Koszykówka - ćw.doskonalące - młodzież |            | Siatko-noga-gra młodzież      |                      |            |
| 17:30 |              |                                        |                                        |            |                               |                      |            |
| 18:00 |              |                                        |                                        |            |                               |                      |            |
| 18:30 |              |                                        |                                        |            |                               |                      |            |
| 19:00 |              | Koszykówka - ćw doskonalące - młodzież | Czynności organizacyjne                |            | Piłka nożna - mecz-dorośli    |                      |            |
| 19:30 |              |                                        |                                        |            |                               |                      |            |
| 20:00 |              |                                        |                                        |            |                               |                      |            |
| 20:30 |              |                                        |                                        |            |                               |                      |            |
| 21:00 |              |                                        |                                        |            |                               |                      |            |
| 21:30 |              |                                        |                                        |            |                               |                      |            |
| 22:00 |              |                                        |                                        |            |                               |                      |            |

TYDZIEŃ IV

|       | PONIEDZIAŁEK | WTOREK                                      | ŚRODA                                       | CZWARTEK   | PIĄTEK     | SOBOTA     | NIEDZIELA  |
|-------|--------------|---------------------------------------------|---------------------------------------------|------------|------------|------------|------------|
|       | 19-12-2016   | 20-12-2016                                  | 21-12-2016                                  | 22-12-2016 | 23-12-2016 | 24-12-2016 | 25-12-2016 |
| 09:00 |              |                                             |                                             |            |            |            |            |
| 09:30 |              |                                             |                                             |            |            |            |            |
| 10:00 |              |                                             |                                             |            |            |            |            |
| 10:30 |              |                                             |                                             |            |            |            |            |
| 11:00 |              |                                             |                                             |            |            |            |            |
| 11:30 |              |                                             |                                             |            |            |            |            |
| 12:00 |              |                                             |                                             |            |            |            |            |
| 12:30 |              |                                             |                                             |            |            |            |            |
| 13:00 |              |                                             |                                             |            |            |            |            |
| 13:30 |              |                                             |                                             |            |            |            |            |
| 14:00 |              |                                             |                                             |            |            |            |            |
| 14:30 |              |                                             |                                             |            |            |            |            |
| 15:00 |              | Piłka nożna - ćwiczenia - dzieci i młodzież | Siatkówka - gra - dzieci i młodzież         |            |            |            |            |
| 15:30 |              |                                             |                                             |            |            |            |            |
| 16:00 |              |                                             |                                             |            |            |            |            |
| 16:30 |              |                                             |                                             |            |            |            |            |
| 17:00 |              | Koszykówka - gra - młodzież                 | Rugby-ćw podań, bloki- młodzież, dziewczęta |            |            |            |            |
| 17:30 |              |                                             |                                             |            |            |            |            |
| 18:00 |              |                                             |                                             |            |            |            |            |
| 18:30 |              |                                             |                                             |            |            |            |            |
| 19:00 |              | Gimnastyka wzmacniająca mięśnie-dorośli     | Koszykówka - ćw doskonalące - młodzież      |            |            |            |            |
| 19:30 |              |                                             |                                             |            |            |            |            |
| 20:00 |              |                                             | Czynności porządkowe                        |            |            |            |            |
| 20:30 |              |                                             |                                             |            |            |            |            |
| 21:00 |              |                                             |                                             |            |            |            |            |
| 21:30 |              |                                             |                                             |            |            |            |            |
| 22:00 |              |                                             |                                             |            |            |            |            |

**TYDZIEŃ V**

|       | PONIEDZIAŁEK | WTOREK                                          | ŚRODA      | CZWARTEK   | PIĄTEK     | SOBOTA     | NIEDZIELA |
|-------|--------------|-------------------------------------------------|------------|------------|------------|------------|-----------|
|       | 26-12-2016   | 27-12-2016                                      | 28-12-2016 | 29-12-2016 | 30-12-2016 | 31-12-2016 |           |
| 09:00 |              |                                                 |            |            |            |            |           |
| 09:30 |              |                                                 |            |            |            |            |           |
| 10:00 |              |                                                 |            |            |            |            |           |
| 10:30 |              |                                                 |            |            |            |            |           |
| 11:00 |              |                                                 |            |            |            |            |           |
| 11:30 |              |                                                 |            |            |            |            |           |
| 12:00 |              |                                                 |            |            |            |            |           |
| 12:30 |              |                                                 |            |            |            |            |           |
| 13:00 |              |                                                 |            |            |            |            |           |
| 13:30 |              |                                                 |            |            |            |            |           |
| 14:00 |              |                                                 |            |            |            |            |           |
| 14:30 |              |                                                 |            |            |            |            |           |
| 15:00 |              | Gry i zabawy<br>dzieci                          |            |            |            |            |           |
| 15:30 |              |                                                 |            |            |            |            |           |
| 16:00 |              |                                                 |            |            |            |            |           |
| 16:30 |              |                                                 |            |            |            |            |           |
| 17:00 |              |                                                 |            |            |            |            |           |
| 17:30 |              |                                                 |            |            |            |            |           |
| 18:00 |              |                                                 |            |            |            |            |           |
| 18:30 |              |                                                 |            |            |            |            |           |
| 19:00 |              | Piłka nożna<br>turniej<br>młodzież i<br>dorośli |            |            |            |            |           |
| 19:30 |              |                                                 |            |            |            |            |           |
| 20:00 |              |                                                 |            |            |            |            |           |
| 20:30 |              |                                                 |            |            |            |            |           |
| 21:00 |              |                                                 |            |            |            |            |           |
| 21:30 |              |                                                 |            |            |            |            |           |
| 22:00 |              |                                                 |            |            |            |            |           |

**TYDZIEŃ VI**

|       | PONIEDZIAŁEK | WTOREK | ŚRODA | CZWARTEK | PIĄTEK | SOBOTA | NIEDZIELA |
|-------|--------------|--------|-------|----------|--------|--------|-----------|
|       |              |        |       |          |        |        |           |
| 09:00 |              |        |       |          |        |        |           |
| 09:30 |              |        |       |          |        |        |           |
| 10:00 |              |        |       |          |        |        |           |
| 10:30 |              |        |       |          |        |        |           |
| 11:00 |              |        |       |          |        |        |           |
| 11:30 |              |        |       |          |        |        |           |
| 12:00 |              |        |       |          |        |        |           |
| 12:30 |              |        |       |          |        |        |           |
| 13:00 |              |        |       |          |        |        |           |
| 13:30 |              |        |       |          |        |        |           |
| 14:00 |              |        |       |          |        |        |           |
| 14:30 |              |        |       |          |        |        |           |
| 15:00 |              |        |       |          |        |        |           |
| 15:30 |              |        |       |          |        |        |           |
| 16:00 |              |        |       |          |        |        |           |
| 16:30 |              |        |       |          |        |        |           |
| 17:00 |              |        |       |          |        |        |           |
| 17:30 |              |        |       |          |        |        |           |
| 18:00 |              |        |       |          |        |        |           |
| 18:30 |              |        |       |          |        |        |           |
| 19:00 |              |        |       |          |        |        |           |
| 19:30 |              |        |       |          |        |        |           |
| 20:00 |              |        |       |          |        |        |           |
| 20:30 |              |        |       |          |        |        |           |
| 21:00 |              |        |       |          |        |        |           |
| 21:30 |              |        |       |          |        |        |           |
| 22:00 |              |        |       |          |        |        |           |