



FERIE ZIMOWE (rok szkolny 2011/2012)

MDK Fabryczna
ul.Zemska 16 a

REALIZATION - MDK FABRYCZNA & GIM NR 34

Between swimming pool
REDECO and school
113

[MONDAY] PONIEDZIAŁEK 16.01.2012

HOUR	ROOM	WHAT? AND TEACHER IN	FOR WHO?	TOPIC	DESCRIPTION
12:00-13:00	GYM	BOXING (Dariusz Majchrzak)	Młodzież (10 and more years)	TRAINING circuits and stations	Practical exercises with boxing equipment
13:00-14:00	MDK nr 14	ENGLISH (Magdalena Łakoma)	Kids (7-8 years)	1.Let's have fun!	Language games, crosswords, puzzle - „Activities for children”.
14:00-15:00	MDK nr 8	GRAPHICS (Agnieszka Gębicka)	kids (from 6 years)	Winter inspirations	Different graphics techniques

[Tuesday] WTOREK 17.01.2012

HOUR	ROOM	WHAT?	FOR WHO?	TOPIC	DESCRIPTION
12:15-13:15	MDK „sala lustrzana”; mirror room	aerobics (Izabela Strachulska)	(FROM 15 lat)	Fitball	Exercise :D
13:30-15:00	MDK nr 14	Drawing & painting (Elżbieta Krzyżanowska)	kids (4-7 years)	„City at night”	Technique: pastels and blotting paper.

[WEDNESDAY] ŚRODA 18.01.2012

HOUR	ROOM	WHAT?	FOR WHO?	TOPICS	DESCRIPTION
10:30-12:00	Mirror room MDK	Carnival ;-) Dorota Nahajto/Aleksandra Pilak / Ewa Bylok	Kids age 4	Carnival	Uczestniczenie w balu karnawałowym, organizowanym przez DAA. Gry i zabawy.
12:00-13:30	MDK nr 8	graphics (Agnieszka Gębicka)	kids (from 6 years)	„Winter landscape”	;-)

CZWARTEK 19.01.2012

HOUR	ROOM	WHAT?	FOR WHO?	TOPIC	DESCRIPTION
12:00-13:00	MDK nr 25	chess (Zbigniew Niemiec)	No limit	<u>Chess tournament</u>	Playing, watching, ...
13:00-14:00	P2 (underground of GIM 34)	Singing (Aleksander Piechaczek)	Dzieci (od 12 lat)	Songs for koncert and competition	La la la
14:00-15:30	SWIMMING POOL	swimming (Jacek Chomiak)	kids (from 7)	Water games	Learning how to swim and improving swimming, lifeguards exercises, games.

[FRIDAY] PIĄTEK 20.01.2012

HOUR	ROOM	WHAT?	FOR WHO?	TOPICS	DESCRIPTION
10:30-11:45	Mirro room MDK	Dorota Nahajto/ Aleksandra Pilak / Ewa Bylok	Kids - 4 years	Games	Presentation of popular polish games for kids! YOU HAVE TO PREPARE TWO GAMES FOR KIDS WHICH ARE POPULAR IN YOUR COUNTRIES. Only two – have to take about 15 min!
12:00-13:00	gym	boxing (Dariusz Majchrzak)	From ten years	training	Practical excercises, equipment

[monday] PONIEDZIAŁEK 23.01.2012

Godzina	Sala	Zajęcia (instruktor/nauczyciel)	Dla kogo	Temat zajęć	Opis realizowanych zajęć
21:00-22:30	LO XV ul. Wojrowicka 58	BASKETBALL (Joanna Salamon)	Over 18	<u>Basketball</u> <u>tournament</u>	Playing basketball ;P

[tuesday] WTOREK 24.01.2012

Godzina	Sala	Zajęcia (instruktor/nauczyciel)	Dla kogo	Temat zajęć	Opis realizowanych zajęć
12:15-13:30	MDK Mirror room	AEROBICS (Izabela Strachulska)	FROM 15	Tubing	FLEXIBALE EXERCISES, ETC.
13:30-14:30	GIM 34 MUSIC ROOM	PLAYING GUITAR (Roman Wróbel)	YOUTH	BLUES, watching some concerts	Learning how to play guitar
14:30-16:00	Swimming pool	swimming (Jacek Chomiak)	Kids from 7	Swimming for health	Improving swimming skills, water gym

[wednesday] ŚRODA 25.01.2012

Godzina	Sala	Zajęcia (instruktor/nauczyciel)	Dla kogo	Temat zajęć	Opis realizowanych zajęć
09:30-11:00	Ping-pong (underground of GIM 34)	Ping -pong (Paweł Parszewski)	No limit	„Meet the fas test game in the world”	playing
11:00-13:00	GIM 34 room for lighting sports (?)	boxing (Dariusz Majchrzak)	From 10years	training	exercices

[thursday] CZWARTEK 26.01.2012

Godzina	Sala	Zajęcia (instruktor/nauczyciel)	Dla kogo	Temat zajęć	Opis realizowanych zajęć
12:00-13.00	MDK „sala słoneczna „ sunny room	Drawing and painting (Elżbieta Krzyżanowska)	kids (4-7 lat)	„Birds form icy land of our imagination” :D	pastels
13:00-14:30	GIM 34 Music room	guitar (Roman Wróbel)	Masters ;p	Some well-known music songs. Video concerts.	Electrical guitar
14:45-16:00	Swimming pool	swimming (Jacek Chomiak)	Kids from 7	Swimming for health	Water gym, improving swimming skills