

Sample SUMMER CAMP with TNM 2026

Program at Royal Wilanów

Days: MONDAY - FRIDAY

Hours: 09:00 AM - 05:00 PM

**29.06 - 03.07, 06 - 10.07, 13 - 17.07, 20 - 24.07, 27 - 31.07,
03 - 07.08, 10 - 14.08, 17 - 21.08, 24 - 28.08 + 31.08**

09:00 - 10:00 Integration + II BREAKFAST
10:00 - 10:30 Breathing Exercises + Concentration
10:30 - 11:00 **LOGIC CLASSES** (strengthening the nervous system - puzzles, logical games)
11:00 - 13:00 Workshops (depends on term, below list)
13:00 - 14:00 Lunch
14:00 - 15:00 Workshops (sports)
15:00 - 15:30 Break for relaxation
15:30 - 17:00 Art Workshops

Artistic Activities:

Artistic Classes 1 - Drawing, painting, photography, comics, design

Artistic Classes 2 - Music (instruments), dance, singing, acting, karaoke, conducting

Artistic Classes 3 - Cinema, confectionery, reading books, meetings with interesting people

Word Activities - Writing books, keeping a journal, creating comics

Language Classes - Games and activities conducted in English, French, and Spanish

Concentration and Breathing Classes - Yoga, meditation, breathing, concentration

Psychological Classes - Emotional awareness

Cooking Masterclasses - Breakfast cooking classes, Healthy snacks, Cooking Masterclasses

Sports Classes - Football, ARTIS gym, personal training sessions, basketball, volleyball

Logic Classes - Dixit, puzzles prepared by the team of Instructors, team games based on solving tasks, illusions, math riddles, historical riddles.

Types of Activities within the **SUMMER CAMP 2026 at Royal Wilanów:**
(MONDAY - FRIDAY from 09:00 to 17:00)

- Physical activities and sports training
- Cook with us
- Breakfast workshops - how to prepare a healthy meal?
- Artistic animations with singing, dancing, instruments, conducting, production
- Language games (English and Spanish)
- Clothing design course
- Workshops in painting, comics, animation
- Dubbing workshops

- Workshops on emotional awareness
- Meetings with interesting professions
- Photography workshops
- Educational and integrative games and activities
- Relaxation techniques + breathing
- Yoga + meditation
- Meetings with a psychologist
- Medical care
- Team games
- Puzzles
- Math riddles
- Historical information
- Solving riddles (logic)
- Illusion

Health and Energy for Fun

We care not only about movement, but also about healthy habits.

Children receive wholesome, nutritious snacks, and the menu is supervised by a clinical dietitian. During culinary workshops, participants learn the principles of healthy eating in practice – by preparing simple, tasty, and nutritious meals together.