

WORKSHOPS

All participants will take part in workshops during Eurogym 2020, one of them will be mandatory and will be city orienteering and one guaranteed from the groups choice, hopefully more. The workshops will take place in and around Laugardalur and will be both gymnastics related and other sports and activities. Workshops will take place both outdoors and indoors. The groups will select their workshops at the provisional registration.

BEACH VOLLEYBALL

Location: Laugardalur

With two players in two teams on sand divided by net the main goal of beach volleyball is to send the ball over the net and to ground it on the opponent's side of the court, and to prevent the same effort by the opponent. It's a lot of fun and is located in the swimming pool area.

WATER POLO

Location: Laugardalur

A team sport that is played in the water between two teams. The aim is to score goals by throwing the ball into the opposing team's goal. The participants must swim so this workshop is not suitable for participants that can't swim.

SWIMMING

Location: Laugardalur

Basic swimming instruction depending on the participants level of swimming. Locomotion is achieved through coordinated movement of the limbs, the body or both.



SKÓLAHREYSTIBRAUT

Location: Laugardalur

Since 2005 Skólahreysti has been part of teenagers life in Iceland. It's a fitness contest between schools and is very popular. The teenagers compete in circuit training, strength training and other physical activities.

SKATEBOARDING

Location: Laugardalur

Here you will learn basic skills on skateboard and try different ramps.

HIP HOP DANCING

Location: Laugardalur

A street dance style primarily performed on hip-hop music. It includes a wide range of styles primarily breaking which was created in the 1970s and made popular by dance crews in the United States.

BALLROOM DANCING

Location: Laugardalur

Latin or standard, foxtrot or tango, samba or rhumba, let's dance!

AFRO

Location: Laugardalur

Learn to dance to the rythm of he African drums! More than a fun and inspiring workout, African dance communicates emotions, celebrates rites of passage, and helps strengthening the bonds between the workshop participants.

OLYMPIC WEIGHTLIFTING

Location: Laugardalur

Technic is very important in lifting weights, especialy in Olympic weightlifting. Participants will learn about the basic technic and about the sport.

ZUMBA

Location: Laugardalur

A total-body cardio and aerobic workout based on latino dance music, salsa, merengue, cumbia, mambo, flamenco, samba, reggaeton etc. Loud music and a lot of fun!

POPPING

Location: Laugardalur

All the way from California comes the street dance, popping! It is based on the technique of quickly contracting and relaxing muscles to cause a jerk in the dancer's body, referred to as a pop or a hit. You want to dance battle?

STRENGTH TRAINING

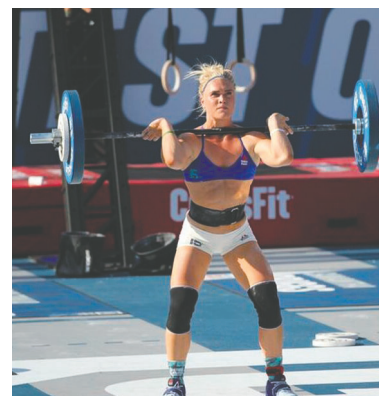
Location: Laugardalur

How about getting more fit at the Eurogym festival? A workshop that will make you sweat!

CROSSFIT

Location: Crossfit Reykjavík

The daughters of Iceland are famous around the world for being the fittest on earth! Now you can exercise like them! It is a fitness program that combines a wide variety of functional movements into a timed or scored workout. We do pull-ups, squats, push-ups, weightlifting, gymnastics, running, rowing, and a host of other movements.



ARTISTIC GYMNASTICS

Location: Laugardalur

Swing on bars, jump on vault and do all kinds of tricks on floor! Skills will be thought according to the groups skill level.

LARGE TRAMPOLINE

Location: Laugardalur

Let's jump! Basic skills on large trampoline according to the groups skill level.

AEROBIC GYMNASTICS

Location: Laugardalur

Aerobic Gymnastics is the perfect sport for active people with energy to burn. It involves performing high intensity movement patterns to heart pounding music. There will be sweat!

YOGA

Location: Laugardalur

How about finding your inner peace at Eurogym festival? Yoga is group of physical, mental and spiritual practices or disciplines which originated in ancient India.

SPINNING

Location: Laugardalur

Biking without moving in a hall full of people and loud music! Indoor cycling is a form of exercise focusing on endurance, strength, intervals and of course to have fun.

CIRCUS

Location: Laugardalur

Have you ever wanted to run away and join the circus? This is your chance! Basic circus skills will be presented and practiced.

ACROBATIC GYMNASTICS

Location: Laugardalur

Another way to practice gymnastics with friends. It consists on doing pyramids : climb on partners, realise some acrobatic elements, and have fun with other gymnasts.

TEAMGYM

Location: Laugardalur

TeamGym is a popular team sport in Iceland. It includes three different disciplines:

trampette, tumbling and floor.

In *trampette* you will run towards a small trampoline and fly high while twist and turn.

In *tumbling* you will do flips and somersault in a fast and explosive routine.

On *floor* you will practice teamwork to music, by combining gymnastic elements and dance with some acrobatic elements. At the end you will be able to perform a short floor routine.

The level is adapted to the level of your team.

SPECIAL CHOREOGRAPHY

Location: Laugardalur

If you want to work with your team, practice your team routine, get inspired and receive feedback, this is your workshop!

TRACK AND FIELD

Location: Laugardalur

Let's run, let's jump, let's throw!

Track and field, or athletics as it is known in many countries, is one of the most technically complex sport areas to master.

BADMINTON

Location: Laugardalur

How quick are your feet? With good motor coordination, strength and speed, badminton is about using the rackets to hit a shuttlecock across a net. Let's do single and double and have a lot of fun!

STREET BALL

Location: Laugardalur

Three on three, basketball at the streets of Reykjavik where most general rules are ignored and style is encouraged. A fun contact sport to play with friends.



FRISBEE GOLF

Location: Laugardalur

Golfing with frisbee, a game in which a Frisbee is thrown into each of a series of metal baskets on an outdoor course. It is played using rules similar to golf.

PARKOUR

Location: Laugardalur

Let's learn how to get from one point to another in a complex environment, without assistive equipment and in the fastest and most efficient way possible!

BANDY/FLOORBALL

Location: Laugardalur

With plastic bandy-shaped sticks and lightweight balls we will run on the floors of indoor gym hall and try to score a goal against the other team.

FOOTBALL

Location: Laugardalur

The most popular sport in the world, let's kick some balls!

BUBBLE FOOTBALL

Location: Laugardalur

Playing football while laughing your lungs out with friends. Trying to hit the ball while half-encased inside an inflated bubble is so much fun, don't you think?

TABLE TENNIS

Location: Laugardalur

Let's try ping pong! Two or four players at a time. It's all about quick hand- and foot work!

RINGO

Location: Laugardalur

From Poland comes a game with rings and net. It is played on a rectangular court with a raised net, similar to volleyball or badminton. Individual players or teams stand on opposite sides of the net and throw a small rubber ring back and forth, without letting it hit the ground. It also has to pass over the net to the opposite team.