



APAGL – TRAMPOLINES

SUMMER TRAINING CAMP 2026

Continuing the success of previous editions, the APAGL SUMMER CAMP is a unique opportunity for sharing, development, and enrichment among gymnasts and coaches.

More than just a camp, it is a privileged space for interaction and exchange of experiences, where the training and teaching-learning process takes on a new dimension, promoting individual and collective growth.

For gymnasts, it also represents an excellent opportunity to maintain and enhance preparation for upcoming competitions, or for a progressive and motivating return to activity after the holiday period. Don't miss this opportunity to be part of an inspiring and transformative moment.

Secure your spot now — we're counting on you!

Dates: August 24th to 28th

Place: City Sports Hall 25 de abril, Almancil. (<https://share.google/9ZUs6DtZXG5187JFx>)

Accommodation: Almancil Basic School 23 – in front of sports hall.

Registration: Done through an Excel file to be sent to the email: presidente@apagl.pt.

The registration fee for all gymnasts/coaches must be paid by the club.

Registrations must be completed by July 15th.

Price/gymnast:

Description	Price
Pack A (Registration + Meals + Accomodation)	150 Euros
Pack B (Registration + Meals)	125 Euros
Pack C* – Coaches	100 Euros

Notes:

- A camp bed is provided for overnight stays.
- For every 8 gymnasts, meals and accommodation are provided for 1 club coach.

Meals: Breakfast, lunch and dinner will be served in the school.

	Monday (24)	Tuesday (25)	Wednesday(2)	Thursday (27)	Fridaya (28)
Breakfast		X	X	X	X
Lunch	X	X	X	X	X
Dinner	X	X	X	X	

Available equipment:

- 16 large trampolines + safety mats on the floor around the trampolines + 1 trampoline with air landing pit;
- 1 DMT;
- 1 landing area with a “high pit mat”;
- 1 normal landing area;
- 1 warming up area (gymnastics tracks).

Structure/Dynamics:

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning 09H00-12H30	Arrival of delegations* Free Training	Groups	Groups	Groups	Groups
Lunch 12h00–14h00		Groups	Groups	Groups	Groups
Afternoon 16h00-19h30		Groups	Rest period**	Groups	Departure of delegations
Dinner 19h00-21h00		Groups	Dinner Party (for everyone)	Groups	

* According to time of arrival (as soon as possible, let us know your day and time of arrival).

** It might be possible to go to the beach (transportation by the Municipality of Loulé).

For bank transfer payment, please see data below and send the transfer confirmation receipt by email to presidente@apagl.pt ..

Account name: ASSOCIACAO PAIS AMIGOS GINASTICA DE LOULE

Bank: CAIXA GERAL DEPOSITOS

Agency: Loulé

IBAN no: PT50 0035 0399 00066945730 10

Swift code: CGDIPTPL

Reference: Estágio de Verão 2026 (name of the Club)

NOTE: We accept a maximum of **120 registrations** (first come, first served).

APAGL TEAM.