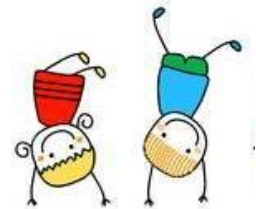


All-sports training sessions for kids



In week 35, we will start up again with training sessions in All-sports (Allidrett).

In these sessions we will do a lot of different sports and activities, to promote the fun of sports and physical activity. We want to give the kids an opportunity to try sports and activities they might not try otherwise and also to be able to do sports without the expectation of quality performance or being at a certain level. Amongst the activities we try are gymnastics, basketball, volleyball, dance, athletics and climbing, but there are several more that will be explored.

It's open for everyone in the given age group. We recommend paying Sogndal Idrettslag's membership fee to be insured during training. The fee is 300 kr (roughly 30 euros) for the entire year. Gym shoes are recommended, but there are no requirements for equipment

You can find the QR-codes for each Facebook-group and more informasjon about the training times, training location, trainers and their contact information under here:

0-4 years:



5 years, 1-2. grade:



2-4. grade:



4-7. grade



Group	When	Where	Coaches
0-4 years	Wednesday, kl 17-18	Trudvang Skule	Helge Resaland & Catrine B. Elvåjen Contact: +47 93862177
5 years	Tuesday, kl 17-17.45	Trudvang Skule	Reidun & Ingeborg Contact: +47 40627661 or +47 94195738
1.-2 grade	Tuesday, kl 18.00-18.45	Trudvang Skule	Reidun & Ingeborg Contact: +47 40627661 or +47 94195738
2.-4. grade	Wednesday kl 18-19	Trudvang Skule	Hedda & Marianne Contact: +47 46473049
4.-7. grade	Tuesday kl 18-19	Sogndal Idrettshall	Torstein, Ingrid, Markus, Emma Contact: +47 46962568
6.-10. grade	Wednesday kl 18-19	Sogndal Idrettshall	Torstein, Ingrid, Markus, Emma Contact: +47 46962568

If you need any help or have any questions you can also contact Aktivitetsguidene Hedda and Henrik. We will help you with anything you need linked to all-sport training or other activities.

Henrik: +47 90088060

Hedda: +47 46473049

Email: aktivitetsguide@sogndalidrettslag.no