

AKTIV Ø ENDELAVE

ACTIVITIES DURING THE SUMMER 2021

WHEN	ACTIVITY	INSTRUCTOR	WHERE	DESCRIPTION
Week 27 Tuesday 6/7 14.00-16.30	GOLF AT THE FARM	Self-guidance Just start playing	Vesterby 90	Test you golfing skills on Denmark's only 5-hole course with sand pit and water hole. Irons and golf balls can be borrowed at the course. Everyone from the age of 10 can play.
Thursday 8/7 10.30-12.00	HATHA YOGA	Merethe Krogh	Endelave School Kongevej 26	Yoga for everyone. Dress in light and loose-fitting clothes. Bring your own mat or a blanket. Please bring a small blanket for final meditation and relaxation.
Thursday 8/7 14.00-16.30	GOLF AT THE FARM	Self-guidance Just start playing	Vesterby 90	Test you golfing skills on Denmark's only 5-hole course with sand pit and water hole. Irons and golf balls can be borrowed at the course. Everyone from the age of 10 can play.
Friday 9/7 09.30-11.30	GUIDED HIKING TO THE CLIFF 'KLINTEN'	Anders Grosen	Parking space near Gyllinglund Vesterby 55	The walk on the beach is demanding due to the many stones. The tour will focus on the Cliff and on the rocks in the Cliff and on the beach, and we will look at what the Cliff and the stones themselves can show us about their origin and development.
Sat.day 10/7 10.00-14.00	CLAY PIGEON SHOOTING	Palle Dupont and Benny Rasmussen	Shooting range	Endelave Hunting Club invites to clay pigeon shooting with shotgun. The shooting takes place under secure conditions. Everyone can participate - no requirement for hunting license or other prerequisites. Drive along the road Øvre and follow the signs.
Sunday 11/7 10.00-11.00	HATHA YOGA	Rikke Schultz Nordentoft	Behind the service building at Endelave Harbour	Yoga for everyone. Dress in light and loose-fitting clothes. Bring your own mat or a blanket. Please bring a small blanket for final meditation and relaxation.
Week 28 Monday 12/7 10.00-11.15	CROSSFIT	Charlotte Dupont Kristensen	Behind the service building at Endelave Harbour	The workout will follow the Tabata principles and is a good mixture of aerobic and anaerobic exercises for the whole body. Everyone can participate regardless of experience. Bring water, wear your least favourite clothes.
Monday 12/7 11.30-12.15	MINDFULNESS	Sonja Elgaard	Endelave School Kongevej 26	Mindfulness/bodyscan/meditation. You develop your ability to be present in the moment and achieve de-stressing, calm, and an increased body awareness. Bring a blanket and dress in comfortable, loose-fitting clothes.
Monday 12/7 13.00-14.00	KICKBALL (Danish baseball)	Martinsen family	Football field, Kongevej 48	For the entire family. It is not important whether you are good at throwing, running, or batting. What is important is that you are good at having fun. .
Tuesday 12/7 10.00-10.45	TABATA WORKOUT	Eva Eriksen	Behind the service building at Endelave Harbour	Tabata workout is high-intensity and effective training. We train at full strength for 20 seconds, rest for 10 seconds and repeat the cycle 8 times. Bring water, wear clothes that may get dirty.
Tuesday 13/7 14.00-16.30	GOLF AT THE FARM	Self-guidance Just start playing	Vesterby 90	Test you golfing skills on Denmark's only 5-hole course with sand pit and water hole. Irons and golf balls can be borrowed at the course. Everyone from the age of 10 can play.
Wed.day 14/7 10.00-???.00	COASTAL FISHING	Søren Grauballe Klaus Bødker	At the service building at Endelave Harbour	Fishing event for all ages. If you have a fishing rod with you, it is fine, otherwise we will take care of it. We fish with blink but also with sandworm. Also remember rubber boots. We meet at the harbor and drive / bike out to the fishing place.
Wed.day 14/7 15.00-17.00	KROLF	Kiss Nøhr Jensen	Football field, Kongevej 48	Half croquet, half golf, totally fun! Krolf is an activity where the whole family can participate, and it provides both exercise at a leisurely pace and cozy togetherness.
Thursday 15/7 10.30-12.00	HATHA YOGA	Merethe Krogh	Endelave School Kongevej 26	Yoga for everyone. Dress in light and loose-fitting clothes. Bring your own mat or a blanket. Please bring a small blanket for final meditation and relaxation.
Thursday 15/7 14.00-16.30	GOLF AT THE FARM	Self-guidance Just start playing	Vesterby 90	Test you golfing skills on Denmark's only 5-hole course with sand pit and water hole. Irons and golf balls can be borrowed at the course. Everyone from the age of 10 can play.
Friday 16/7 09.30- 16.00	GUIDED HIKING ON THE 'KANINOEN'	Birgit Juel Martinsen	The hike begins and ends at the Harbour	Guided hike around the island (the blue route). The route is app. 21 km. Most of the route is along the coast and some rocky beach. Good shoes are essential. Otherwise dress according to the weather. Bring water and a lunch.
Friday 16/7 10.00-11.15	CROSSFIT	Charlotte Dupont Kristensen	Behind the service building at Endelave Harbour	The workout will follow the Tabata principles and is a good mixture of aerobic and anaerobic exercises for the whole body. Everyone can participate regardless of experience. Bring water, wear your least favourite clothes.
Sat.day 17/7 14.00-16.00	MINI-TRIATHLON	Charlotte Dupont Kristensen	Behind the service building at Endelave Harbour	Challenge yourself on your endurance with a ZERO-man, a Mini-Triathlon with 13 km cycling, 3 km running and 300 mtr. swimming.
Sat.day 17/7 15.00-17.00	KROLF	Kiss Nøhr Jensen	Football field, Kongevej 48	Half croquet, half golf, totally fun! Krolf is an activity where the whole family can participate, and it provides both exercise at a leisurely pace and cozy togetherness.
Week 29 Monday 19/7 10.00-11.15	CROSSFIT	Charlotte Dupont Kristensen	Behind the service building at Endelave Harbour	The workout will follow the Tabata principles and is a good mixture of aerobic and anaerobic exercises for the whole body. Everyone can participate regardless of experience. Bring water, wear your least favourite clothes.
Monday 19/7 11.30-12.15	MINDFULNESS	Sonja Elgaard	Endelave School Kongevej 26	Mindfulness/bodyscan/meditation. You develop your ability to be present in the moment and achieve de-stressing, calm, and an increased body awareness. Bring a blanket and dress in comfortable, loose-fitting clothes.
Monday 19/7 13.30-15.30	SAILING, SUP AND SURFING	Jesper Madsen and the sailing team	The lagoon on the west side of the harbour	Beginner surfing (9-10 years), adult surf 4-6 m2 sail, SUP 10'4, Sit-on-top kayak, optimist dinghies, 420 dinghy, Darts 18 catamaran. Bring your own shoes and possibly wetsuits. Life jackets are available.
Tuesday 20/7 10.00-10.45	TABATA WORKOUT	Eva Eriksen	Behind the service building at Endelave Harbour	Tabata workout is high-intensity and effective training. We train at full strength for 20 seconds, rest for 10 seconds and repeat the cycle 8 times. Bring water, wear clothes that may get dirty.
Tuesday 20/7 13.30-15.30	SAILING, SUP AND SURFING	Jesper Madsen and the sailing team	The lagoon on the west side of the harbour	Beginner surfing (9-10 years), adult surf 4-6 m2 sail, SUP 10'4, Sit-on-top kayak, optimist dinghies, 420 dinghy, Darts 18 catamaran. Bring your own shoes and possibly wetsuits. Life jackets are available.
Tuesday 20/7 14.00-16.30	GOLF AT THE FARM	Self-guidance Just start playing	Vesterby 90	Test you golfing skills on Denmark's only 5-hole course with sand pit and water hole. Irons and golf balls can be borrowed at the course. Everyone from the age of 10 can play.

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Week 29 Wed.day 21/7 10.00-??:00	COASTAL FISHING	Søren Grauballe Klaus Bødker	At the service building at Endelave Harbour	Fishing event for all ages. If you have a fishing rod with you, it is fine, otherwise we will take care of it. We fish with blink but also with sandworm. Also remember rubber boots. We meet at the harbor and drive / bike out to the fishing place.
Wed.day 21/7 15.00-17.00	KROLF	Kiss Nøhr Jensen	Football field, Kongevejen 48	Half croquet, half golf, totally fun! Krolf is an activity where the whole family can participate, and it provides both exercise at a leisurely pace and cozy togetherness.
Thursday 22/7 10.00-12.00	SNORKELLING AND BINGO	Martinsen family	At the service building at Endelave Harbour	Mostly for children. The smallest according to with an adult. Snorkelling and fishing with nets at Endelave harbour. Bingo with the 20 Danish harbour and coastal sea animals. Bring your own mask and snorkel. We have five sets for lending.
Thursday 22/7 10.30-12.00	HATHA YOGA	Merethe Krogh	Endelave School Kongevejen 26	Yoga for everyone. Dress in light and loose-fitting clothes. Bring your own mat or a blanket. Please bring a small blanket for final meditation and relaxation.
Thursday 22/7 13.30-15.30	SAILING, SUP AND SURFING	Jesper Madsen and the sailing team	The lagoon on the west side of the harbour	Beginner surfing (9-10 years), adult surf 4-6 m2 sail, SUP 10'4, Sit-on-top kayak, optimist dinghies, 420 dinghy, Darts 18 catamaran. Bring your own shoes and possibly wetsuits. Life jackets are available.
Thursday 22/7 14.00-16.30	GOLF AT THE FARM	Self-guidance Just start playing	Vesterby 90	Test you golfing skills on Denmark's only 5-hole course with sand pit and water hole. Irons and golf balls can be borrowed at the course. Everyone from the age of 10 can play.
Friday 23/7 10.00-11.15	CROSSFIT	Charlotte Dupont Kristensen	Behind the service building at Endelave Harbour	The workout will follow the Tabata principles and is a good mixture of aerobic and anaerobic exercises for the whole body. Everyone can participate regardless of experience. Bring water, wear your least favourite clothes.
Friday 23/7 13.30-15.30	SAILING, SUP AND SURFING	Jesper Madsen and the sailing team	The lagoon on the west side of the harbour	Beginner surfing (9-10 years), adult surf 4-6 m2 sail, SUP 10'4, Sit-on-top kayak, optimist dinghies, 420 dinghy, Darts 18 catamaran. Bring your own shoes and possibly wetsuits. Life jackets are available.
Sat.day 24/7 11.00-15.00	FOOTBALL AND FOAM PARTY	Endelave Beboerforening	Football field, Kongevejen 48	Our traditional football matches, bubble bath and international football competition.
Sunday 25/7 11.00-15.00	GUIDED HIKING ON THE 'MINI-KANINO'	Birgit Juel Martinsen	Start ved Endelave Havn	Guided hike around Øvre, the northern part of Endelave (the red route). The route is app. 12 km. Bring water and maybe a halfway snack.
Week 30 Monday 26/7 10.00-11.15	CROSSFIT	Charlotte Dupont Kristensen	Behind the service building at Endelave Harbour	The workout will follow the Tabata principles and is a good mixture of aerobic and anaerobic exercises for the whole body. Everyone can participate regardless of experience. Bring water, wear your least favourite clothes.
Monday 26/7 13.00-14.00	KICKBALL (Danish baseball)	Martinsen family	Football field, Kongevejen 48	For the entire family. It is not important whether you are good at throwing, running, or batting. What is important is that you are good at having fun. .
Monday 26/7 13.30-15.30	SAILING, SUP AND SURFING	Jesper Madsen and the sailing team	The lagoon on the west side of the harbour	Beginner surfing (9-10 years), adult surf 4-6 m2 sail, SUP 10'4, Sit-on-top kayak, optimist dinghies, 420 dinghy, Darts 18 catamaran. Bring your own shoes and possibly wetsuits. Life jackets are available.
Tuesday 27/7 13.30-15.30	SAILING, SUP AND SURFING	Jesper Madsen and the sailing team	The lagoon on the west side of the harbour	Beginner surfing (9-10 years), adult surf 4-6 m2 sail, SUP 10'4, Sit-on-top kayak, optimist dinghies, 420 dinghy, Darts 18 catamaran. Bring your own shoes and possibly wetsuits. Life jackets are available.
Tuesday 27/7 14.00-16.30	GOLF AT THE FARM	Self-guidance Just start playing	Vesterby 90	Test you golfing skills on Denmark's only 5-hole course with sand pit and water hole. Irons and golf balls can be borrowed at the course. Everyone from the age of 10 can play.
Wed.day 28/7 15.00-17.00	KROLF	Kiss Nøhr Jensen	Football field, Kongevejen 48	Half croquet, half golf, totally fun! Krolf is an activity where the whole family can participate, and it provides both exercise at a leisurely pace and cozy togetherness.
Thursday 29/7 10.30-12.00	HATHA YOGA	Merethe Krogh	Endelave School Kongevejen 26	Yoga for everyone. Dress in light and loose-fitting clothes. Bring your own mat or a blanket. Please bring a small blanket for final meditation and relaxation.
Thursday 29/7 13.30-15.30	SAILING, SUP AND SURFING	Jesper Madsen and the sailing team	The lagoon on the west side of the harbour	Beginner surfing (9-10 years), adult surf 4-6 m2 sail, SUP 10'4, Sit-on-top kayak, optimist dinghies, 420 dinghy, Darts 18 catamaran. Bring your own shoes and possibly wetsuits. Life jackets are available.
Thursday 29/7 14.00-16.30	GOLF AT THE FARM	Self-guidance Just start playing	Vesterby 90	Test you golfing skills on Denmark's only 5-hole course with sand pit and water hole. Irons and golf balls can be borrowed at the course. Everyone from the age of 10 can play.
Friday 30/7 09.30-16.00	GUIDED HIKING ON THE 'KANINOEN'	Birgit Juel Martinsen	The hike begins and ends at the Harbour	Guided hike around the island (the blue route). The route is app. 21 km. Most of the route is along the coast and some rocky beach. Good shoes are essential. Otherwise dress according to the weather. Bring water and a lunch.
Friday 30/7 10.00-11.15	CROSSFIT	Charlotte Dupont Kristensen	Behind the service building at Endelave Harbour	The workout will follow the Tabata principles and is a good mixture of aerobic and anaerobic exercises for the whole body. Everyone can participate regardless of experience. Bring water, wear your least favourite clothes.
Friday 30/7 13.30-15.30	SAILING, SUP AND SURFING	Jesper Madsen and the sailing team	The lagoon on the west side of the harbour	Beginner surfing (9-10 years), adult surf 4-6 m2 sail, SUP 10'4, Sit-on-top kayak, optimist dinghies, 420 dinghy, Darts 18 catamaran. Bring your own shoes and possibly wetsuits. Life jackets are available.
Sat.day 31/7 15.00-17.00	KROLF	Kiss Nøhr Jensen	Football field, Kongevejen 48	Half croquet, half golf, totally fun! Krolf is an activity where the whole family can participate, and it provides both exercise at a leisurely pace and cozy togetherness.
Week 31 Tuesday 3/8 14.00-16.30	GOLF AT THE FARM	Self-guidance Just start playing	Vesterby 90	Test you golfing skills on Denmark's only 5-hole course with sand pit and water hole. Irons and golf balls can be borrowed at the course. Everyone from the age of 10 can play.
Thursday 5/8 10.30-12.00	HATHA YOGA	Merethe Krogh	Endelave School Kongevejen 26	Yoga for everyone. Dress in light and loose-fitting clothes. Bring your own mat or a blanket. Please bring a small blanket for final meditation and relaxation.
Thursday 5/8 14.00-16.30	GOLF AT THE FARM	Self-guidance Just start playing	Vesterby 90	Test you golfing skills on Denmark's only 5-hole course with sand pit and water hole. Irons and golf balls can be borrowed at the course. Everyone from the age of 10 can play.
Sunday 8/8 10.00-11.00	HATHA YOGA	Anne-Dorte Schaldemose	Endelave School Kongevejen 26	Yoga for everyone. Dress in light and loose-fitting clothes. Bring your own mat or a blanket. Please bring a small blanket for final meditation and relaxation.

The activities are for everyone, children as adults, young people as older people, only in very few activities is an age limit set. **Participation is free** in all activities and you **no registration needed**; you just show up.

Corona protective measures. It is up to each of us to reduce the prevalence of COVID-19. Therefore, keep a distance and do not participate if you feel ill.

There are hand rubbing alcohol and wipes at those activities where it makes sense. Pay attention to any directions for each activity.

Do you have any question?

Please contact coordinator Sonja Elgaard

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