

CSIT – WSG 2025 Loutraki, Greece

Invitation

Seniors - sport for all 55+

Physical activities for SENIORS/ ELDERLY people (55+)

- **Target group:** Seniors 55+, who can walk and move without problems. Also: trainers/instructors with experience in and interest in physical activities for seniors.
- **Ages and gender:** 55 years and older for the active seniors. No age limit for trainers/instructors. Both females and males are welcome.
- **Providers of activities:** Some member unions with experience in physical activities for seniors will be responsible for the activity program. Trainers/Instructors can exchange experiences and knowledge.
- **Activities for Seniors:** During the World Sport Games in Loutraki Seniors will participate in both in- and outdoor activities. There will be one block with two activities every day – which makes it possible for every participant to try all activities in the program. We will also try to offer a guided tourist tour.
- **Mandatory program for seniors:** The participants need to follow the program (and not to drop in and out) – just like in the competitions/championships. Local people or others (who are not registered) cannot participate in the program – just like it's not possible to join the championships.

Further information: **CSIT Vice President Birthe Henriksen,**

E-Mail: henriksen@csit.tv

Phone number: +45 24 41 97 31

Activities for “Sport for all – senior 55+” – WSG 2025, Loutraki, Greece

Walking football - introduction

Soccer as you know it – but the rules are adapted so everybody can participate. You are not allowed to run under any circumstances and running will earn you a penalty. It's a very funny game, and it will certainly make all participants both breathe or laugh. We will learn the game and play a small tournament for fun

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Exercises with small rice bags / Austrian instructor

With the help of the small rice bags, every exerciser can strengthen the deep muscles in the back and torso, improve motor skills and coordination in everyday life, increase concentration and avoid falls. Because training your balance regularly trains your sense of equilibrium and balance. Through balance exercises and fall prevention exercises, seniors become safer in everyday life and their reflexes noticeably improve.

In balance through Martial Arts / Tina Bellemans

In this session we will use elements of chi-gong and martial arts to enhance balance and breathing. Balance and breathing are the starting point for standing strong and being assertive.

We will do some movement exercises, which are aimed to increase both balance and mobility. Exercises on breathing will give insights in your energy: how to activate and relax yourself. And we will show some self-defense skills which can be easily applied to feel strong and safe.

All exercises can be done standing and sitting on a chair.

AQUA-gym

We will present different kinds of gymnastics for seniors in water. There will be exercises for everyone and many exercises will challenge your coordination and strength. This lesson is also a great inspiration for instructors who work with seniors in water.

Ancient Greek Sports / Greek instructor

The workshop will be organized outdoors. This workshop will assist participants to deepen their understanding of the history, culture, and values behind ancient Greek sports. Initially the instructor will explain the role of sports in ancient Greek society and the origin of the Olympic Games in Olympia (776 BCE). Then the participants will be introduced and practice some of the ancient sports such as : Long Jump, running, Javelin – Shot Pot and perhaps some kind of soft pankration.

These sports will be organized to reflect the original methods and styles of competition from the ancient Olympics.

Catch´n & Serve Ball (*Volleyball adopted to seniors*)

Catch´n Serve Ball is a team ball game resembling volleyball. It is played by two teams of 6 players in a volleyball court with a volleyball net. The object of the game is to pass the ball over the net to ground it on the opponent's court, and to prevent the same effort by the opponent. We will learn the game step by step and in the end we will play matches against each other. It is fun and everybody can participate. The difference from volleyball is that it is allowed to grab the ball and then throw it either to your teammates or over the net

Krolf

The name Krolf is a combination of the Danish words 'kroket' (croquet) and 'golf'. We often claim that Krolf is half croquet – half golf and all fun. You use the equipment from croquet - club and ball - and play a golf-like game on a lawn with holes. It is a quite simple game, actually. The rules are simple and

you can play without any further ado. No need for speed, no need for strength, no need for years of training, but training does improve your game. The course usually has 12 holes with distances from 5 to approx. 30 m with uneven ground as obstacles. Krof is a very social game with a lot of fun, and it's especially suitable for the elderly people

Greek traditional folk-dance

Traditional Greek dancing has been a favorite way for Greeks to celebrate since time immemorial. Dance has always had a prominent position in Greek society throughout the centuries. Dancing, (or "horos"), has held a very important place in Greek culture for thousands of years. Over time it has evolved to suit the needs of different groups of Greeks, who have made their own dances, leading to great regional diversity in this most physically expressive of the arts. Dances are extremely important to Greek communities and perform a social function as well: you will often see Greeks spontaneously (or not!) burst into dance at weddings etc.

We will learn some of the most important dances and get an insight in Greek dance culture.

Timetable "Sport for all – senior 55+" – WSG 2025, Loutraki, Greece

June 3rd 2025

Arrival all participants

June 4th 2025

10.00 am – 1.00 pm

News of the day and warm-up

Activity 1:

Greek traditional folk-dance

Activity 2:

Catch´n & Serve (volleyball adapted to seniors)

Change prox. 11.30

Activity 1:

Greek traditional folk-dance

Activity 2:

Catch´n & Serve (volleyball adapted to seniors)

Evening

Opening Ceremony

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June 5th 2025

10.00 am – 1.00 pm News of the day and warm-up

Activity 1: Walking Football - introduction

Activity 2: In balance through martial Arts

Change prox. 11.30

Activity 1: Walking Football - introduction

Activity 2: In balance through martial Arts

June 6th 2025

10.00 am – 1.00 pm News of the day and warm-up

Activity 1: AQUA-Gym

Activity 2: Krolf - a very popular game in Denmark

Change prox. 11.30

Activity 1: AQUA-Gym

Activity 2: Krolf - a very popular game in Denmark

June 7th 2025

10.00 am – 1.00 pm News of the day and warm-up

Activity 1: Fun exercises with small rice bags

Activity 2: Ancient Greek sports

Change prox. 11.30

Activity 1: Fun exercises with small rice bags

Activity 2: Ancient Greek Sports

Evening Closing Ceremony – see you at the WSG 2027

June 8th 2025

Departure all participants

Voluntary [Olive Oil Tasting and roundtrip in the Loutraki surroundings for all seniors](#) in the program

[Learn all the secrets of the green gold of Greece, how to distinguish the fresh, extra virgin olive oil and the Greek olive varieties, and how to store your olive oil properly.](#) We will also visit some of the local sights such as the Corinthian canal.

We will provide you with a more detailed plan for the afternoon, price, meeting point and time etc. within the first days of the games.

[The feature is voluntary to all participants in the senior 55+ program](#), but we hope you will join the group and share this experience with your CSIT-friends

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Invitation

Walking Football tournament - for seniors

For the first time the “Senior 55+ - sport for all” will present a tournament in Walking football. **Please join the fun!**

Short description of Walking Football

Walking football is a great way to create community and movement for all age groups. It is a version of football where running is prohibited, but with lots of technique and interactions on the pitch – regardless of physical form and experience.

Whether you are an experienced football player or just like to play ball, you can get a lot out of playing walking football. Join the fun and try something new!

The 5 standards for Walking Football (adjustments for local conditions are possible):

- 6 players per team (including substitutes)
- 4 x 15 minutes with 5-10 minutes breaks between halves
- Playing field: 42 x 21 m
- Goal size: 3 m long, 1 m high
- Futsal ball (size 4)

Most important game rules:

- Walk instead of run (one foot is always in the ground)
- Play without physical contact

- The ball is only played up to 1 meter in height
- No goalkeeper
- Fun and fair play are paramount

Participation

You can enter both the walking football tournament and the “senior 55+ -sport for all” program. But if a nation wants to participate in the walking football tournament with a football team only - that is also an opportunity. Please register for both the walking football tournament and the Senior 55+ program.

GENERAL INFORMATION: [VIII. CSIT World Sports Games 2025](#)

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