



ACTIVITY DAY IN VESTRE FJORDPARK

August 2nd from 10.00 - 16.00

We are looking forward welcoming all participants in the International Youth Games for the activity day in Vestre Fjordpark on August 2nd 2025 – a day full of friendship in Vestre Fjordpark.

Here the participants will have a chance to play and swim in the water and participate in different sports activities in Vester Fjordpark from 10.00 AM to 4.00 PM.

Here will be Stand Up Paddle (SUP), Street Workout, Parkour, Beach Volleyball and much more.

In addition to the planned activities, participants can swim in the tree saltwater pools.

It requires swimming skills to attend the activities in the pools due to depths. There are three pools in Vestre Fjordpark, two of them have a 1- and 3-meter diving boards, a diving tower and one with 5 and 10 meters and a climbing wall.

IMPOTANT: IT IS AT YOUR OWN RISK TO SWIM AND PARTICIPATE IN THE PLANNED ACTIVITIES. WE ADVISE AGAINST SWIMMING IN THE LIMFJORD DUE TO CURRENT CONDITIONS AND NO LIFEGUARD SUPERVISION.

There will be lifeguards and first aid responder present at Vestre Fjordpark on the day.

There are changing facilities in the area.



PROGRAM

TIME	ACTIVITIES	ORGANIZER	ON MAP
10:00 - 10:45	Handstand practice	Street Workout/Concrete House	4
10:00 - 16:00	Try Stand Up Paddle	UngAalborg	6
10:00 - 16:00	Bonfire (twist bread and outdoor games)	DDS - Reden 5	5
10:00 - 16:00	Beachvolley tournament	Volleyball	1
10:00 - 16:00	Beachminton tournament	Badminton	3
10:00 - 16:00	Beach handball tournament	Handball	2
11:00—11:30	Parkour workshop	Street Workout/Contrete House	4
11:30—12:15	Push-up competition and more	Street Workout/Contrete House	4
12:15—13:00	Wall-sit competition and more	Street Workout/Contrete House	4
13:00—16:00	Common workout and parkour	Street Workout/Contrete House	4

MAP OF VESTRE FJORDPARK

