Sportacativities from 11 am to 4 pm
Activities and Workshops:

Shallow water pool:
- Aquazumba
- Circuit training
- Aquafitness Intervall
- Relaxation in the water
- Rhythmic Gymnastics

deep water basin front:
- Water gymnastics beginner
- Aquajogging
- Water aerobics professional
- swimming
- fun with the aqua noodle

deep water basin back:
- Improvement of swimming techniques
- Pilates on the SUP
- Stand up paddling beginner
- free tower jumping

GYM smal:
- Art of Self Defense to Karate
- Zumba
- Tai Qi
- Yoga
- Zumba for beginner

GYM big:
- Rhythmic gymnastics for beginner
- Senior Dance
- Aroah Dance Fit
- Kaaebo KarateAerobic-Boxing
- Jumping Fitness

Corridor 1:
- New Interval Lenten
- Tea Bar
- Body scale control

Corridor 2:
- Tango Argentino
- Equilibrium Parcours
- Fitnessparcours
- Oriantal Dancing

DIRECTIONS

Registration for the courses per mail or phone. Please contact us via Mail or phone and tell us your selected courses. Contact details see below.
Entrance fee 5€/3€* (*special with local passport)!

Event-Organizer: Stadtsportbund Magdeburg e.V.
Klaus-Miesner-Platz 3 | 39108 Magdeburg

Phone: (03 91) 6 07 37 62 - 0
Fax: (03 91) 6 07 37 62 - 2
Mail: nicole.timm-kuhnert@ssb-magdeburg.de
Homepage: www.ssb-magdeburg.de

Event location: Saturday, 09.11.2019
Elbeschwimmhalle | Virchowstraße 9 | 39106 Magdeburg

Entry: 10:00 am
Opening: 10:45 am in the Elbeschwimmhalle

Catering:
Open: 9:00 am - 15:00 pm *with costs
Snack Bar Rohrbeck in the indoor swimming bath

Swimming wear important!!!

Women SportsDay

SATURDAY, 09.11.2019

Entrance fee 5€ / 3€
*special with local passport

++ for adult women only ++ for adult women only ++ for adult women only ++ ++ for adult women only ++ for adult women only ++ for adult women only ++ ++ for adult women only ++ for adult women only ++ for adult women only ++

Women SportsDay

SATURDAY, 09.11.2019

program

TIME	SHALLOW WATER POOL	DEEP WATER BASIN FRONT	DEEP WATER BASIN BACK
11:00 am - 11:30 am	Aquazumba Schirin Alraggo (VGBS e.V.)	Water gymnastics beginner Luisa Strakeljan (VSB 1980 MD e.V.)	Improvement of Swimming Techniques Maria Lichtenfeld (Stadtsportbund)
11:45 am - 12:15 pm	Circuit training Luisa Strakeljan (VSB 1980 MD e.V.)	Aquajogging Marie Gottschalk (VSB 1980 MD e.V.)	Stand up paddling beginners Tina v. Hacht/Kathrin Ulrich USC Magdeburg e.V
12:30 pm - 13:00 pm	Aquafitness Intervall Marie Gottschalk (VSB 1980 MD e.V.)	Water aerobics professional Petra Dimter (MSV Elbe e.V.)	Stand up paddling beginners Tina v. Hacht/Kathrin Ulrich USC Magdeburg e.V
13:15 pm - 13:45 pm	Relaxation in the water Marie Gottschalk (VSB 1980 MD e.V.)	**Swimming**	Free Tower Jumping Nicole Timm-Kuhnert (PSV 1990 MD e.V.)
14:00 pm - 14:30 pm	Rhythmic Gymnastics Marie Gottschalk (VSB 1980 MD e.V.)	Water gymnastics beginner Petra Dimter (MSV Elbe e.V.)	Improvement of Swimming Techniques Maria Lichtenfeld (Stadtsportbund)
14:45 pm - 15:15 pm	Circuit training Marie Gottschalk (VSB 1980 MD e.V.)	Aquajogging Maria Lichtenfeld (Stadtsportbund)	Pilates on the SUP Christine Lohfink (VSB 1980 MD e.V.)
15:30 pm - 16:00 pm	Relaxation in the water Maria Lichtenfeld (Stadtsportbund)	Fun with the aqua noodle Petra Dimter (MSV Elbe e.V.)	Free Tower Jumping Nicole Timm-Kuhnert (PSV 1990 MD e.V.)

TIME	GYM SMAL	GYM BIG	CORRIDOR 1		CORRIDOR 2
11:00 am - 11:50 am	Art of Self Defense to Karate Claudia Walsleben (HKC Magdeburg-Barleben e.V.)	Rhythmic gymnastics for beginner Ines Mothes (MSV Elbe)	New Interval Lenten (Ernährungsberatung Nicole Lins)	Relax Zone	
12:00 pm - 12:50 pm	Zumba Schirin Alraggo (VGBS e.V.)	Senior Dance Nicole Halfpap (USC Magdeburg)	Tea Bar and face time with nutritional adviser Nicole Lins		Tango Argentino Thomas Brandt (Con corazón Magdeburg e.V.)
13:00 pm - 13:50 pm	Tai Qi Quiping Liu (HKC Magdeburg-Barleben e.V.)	Aroah Dance Fit Nicole Halfpap (USC Magdeburg)	Body scale control appointments locally* *special price, cash payment		Equilibrium Parcours Maria Pia Rolfs (VSB 1980 MD e.V.)
14:00 pm - 14:50 pm	Yoga Britt Ludwig (Yogalehrerin/ Pysiotherapeutin)	Kaaebo KarateAerobicBoxing Bianca Walsleben (HKC Magdeburg-Barleben e.V.)			Fitnessparcours Maria Pia Rolfs (VSB 1980 MD e.V.)
15:00 pm - 15:50 pm	Zumba for beginner Maria Pia Rolfs (VSB 1980 MD e.V.)	Jumping Fitness Bürgit Knorke (Jumping Point Magdeburg)	Qi Gong Renè Taurer (VSB 1980 MD e.V.)		Oriantal Dancing Christine Potratz (PSV 1990 MD. e.V.)

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