



Sportactivities from 11 am to 4 pm
Activities and Workshops:

GYM big:

- Tabata Fitness
- Jumping
- Yoga

little water basin:

- Aquafit
- Aqua Tabata
- Water Relaxation
- circle training



Masks are compulsory at the venue.



Swimwear should be worn in wet areas.

FACTS

Registration:

Registration is only possible for one block. Please email the desired courses to the Stadtsportbund Magdeburg.

Participation costs €5 or €3 with the Magdeburg Pass.

To be paid on place at 06.11.2021.

If desired, the participants in the offers at the sports hall can have up the 2 learning units (LU) recognized for the extension of the instructor license C popular sport.

Conditions of participation:

- swimming skills required in deep water
- vaccinated, recovered, tested person

The COVID rules apply!

Masks are compulsory at the venue.

Organizer: Stadtsportbund Magdeburg e.V.

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Venue: Saturday, 06.11.2021

Elbeschwimmhalle | Virchowstraße 9 | 39106 Magdeburg

Entry:

Block 1 | inlet - 10:15 am | opening - 10:45 am

Block 2 | inlet - 1:15 pm | opening - 1:45 pm

in the Elbeschwimmhalle

No snack available in site! Please do not bring any glass bottle!



The COVID rules apply!
Masks are compulsory at the venue.

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



Women Sports Day

SATURDAY, 06.11.2021

program



BLOCK 1

11:00 am - 13:00 pm

TIME	GYM BIG	TIME	LITTLE WATER BASIN	BIG WATER BASIN FRONT	BIG WATER BASIN BACK	SWIM
10:45 am OPENING						
11:00 am - 11:50 am	Tabata Fitness (20) Caro Schick (Dipl. Sportwissenschaftlerin)	11:10 am - 11:40 am	Aquafit (12) Marie Gottschalk (VSB 1980 e.V.)	Aqua Aerobics (20) Christine Lohfink (Stadtsporbund MD)	Stand Up Paddling (SUP) (10) Tina v. Hacht/Kathrin Urich (PSV 1926 MD e.V.)	free (16)
12:05 pm - 12:55 pm	Jumping (Trampolin springen) (12) Bürgit Knoke (Jumping Point)	11:55 am - 12:25 pm	Aqua Tabata (12) Caro Schick (Dipl. Sportwissenschaftlerin)	Aquajogging (20) Marie Gottschalk (VSB 1980 e.V.)	Pilates on the Stand Up Paddling (12) Inken Sommer (VSB 1980 MD e.V.)	free (16)
		12:30 pm - 13:00 pm	Water Relaxation (12) Maria Lichtenfeld (VSB 1980 MD e.V.)	Aqua Tabata (20) Caro Schick (Dipl. Sportwissenschaftlerin)	Stand Up Paddling (SUP) (10) Tina v. Hacht/Kathrin Urich (PSV 1926 MD e.V.)	free (16)
13:00 pm CLOSING						

BLOCK 2

14:00 pm - 16:00 pm

TIME	GYM BIG	TIME	LITTLE WATER BASIN	BIG WATER BASIN FRONT	BIG WATER BASIN BACK	SWIM
13:45 pm OPENING						
14:00 pm - 14:50 pm	Jumping (Trampolin springen) (12) Bürgit Knoke (Jumping Point)	14:10 pm - 14:40 pm	Aqua Tabata (12) Maria Lichtenfeld (VSB 1980 MD e.V.)	Aqua Aerobics (20) Petra Dimter (MSV Elbe e.V.)	Stand Up Paddling (SUP) (10) Tina v. Hacht/Kathrin Urich (PSV 1926 MD e.V.)	free (16)
15:05 pm - 15:55 pm	Yoga (20) Diana Knoke (Balancezentrum Yogama)	14:50 pm - 15:20 pm	Aquafit (12) Petra Dimter (MSV Elbe e.V.)	Aquajogging (20) Maria Lichtenfeld (VSB 1980 MD e.V.)	Pilates on the Stand Up Paddling (12) Christine Lohfink (Stadtsporbund MD)	free (16)
		15:20 pm - 15:55 pm	circle training (14) Maria Lichtenfeld (VSB 1980 MD e.V.)	Aqua Tabata (20) Christine Lohfink (Stadtsporbund MD)	Stand Up Paddling (SUP) (10) Tina v. Hacht/Kathrin Urich (PSV 1926 MD e.V.)	free (16)
16:00 pm CLOSING						

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