

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
- 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

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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.)	Pilates on the SUP Christine Lohfink (VSB 1980 MD 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.)	Pilates on the SUP Christine Lohfink (VSB 1980 MD 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)			Oriantal Dancing Christine Potratz (PSV 1990 MD. e.V.)

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