

Women sportsday (Frauensportaktionstag)

Date: 13.09.2025

Place: Halberstadt

Freizeit- und Sportzentrum
Gebrüder-Rehse-Str. 12
38820 Halberstadt

The event offers sports fun for girls and women (from 16 years).

The event regularly includes four workshop rounds of 60 minutes each. To get a taste, we offer you two workshop rounds, either round 1+2 or round 3+4. There is a break of 15 minutes between round 1+2 and round 3+4 and a break of 60 minutes between round 2+3. During this time, lunch will be offered for those who were present at the first part of the event.

Below is the workshop overview of the workshops that are available:

Round 1+2 (check in at 9:40)

1. Round 10:00-11:00	2. Round 11:15-12:15
Running & Station Games (Lauf- & Stationsspiele ++) WS 1	Badminton + WS 15
Badminton + WS 6	Zumba® ++ WS 17
Zumba® ++ WS 8	Archery (Bogenschießen +) WS 19

Round 3+4 (check in at 12:55)

3. Round 13:15-14:15	4. Round 14:30-15:30
Defend Yourself! Self-defense for Women (Wehr Dich! Selbstschutz für Frauen +) WS 24	Defend Yourself! Self-defense for Women (Wehr Dich! Selbstschutz für Frauen +) WS 32
Pound unplugged® +++ WS 28	Pound unplugged® +++ WS 39
Nordic-Walking + WS 31	Nordic-Walking + WS 41

Legend: + low intensity / ++ middle intensity / +++ high intensity

To register, please enter your first and last name as well as the year of birth and the desired workshop number.

Please bring your sportswear and something to drink.

Are you interested? Just call us by phone no.: 03943 55711-16 or write us an email to bruening.d@ksb-harz.de

