



Sports Program Turnverein 09 Pivitsheide e.V.

- Health-Related Fitness
- Trampoline
- Youth Sports
- Unicycling
- Volleyball
- Senior Sports
- K-Pop
- Parkour
- Fitness
- Children's Gymnastics

Sports "4" Kids



**Pluspunkt
Gesundheit**
DEUTSCHER TURNER-BUND

FRIDAY

14:15-15:15
"Heavy movers"
Overweight children/youths
Indoor gym at the Kusselbergschule
(please request by telephone)



15:00-16:30
Ride a unicycle, 7 years and older
Indoor gym at the
Kusselbergschule



16:30-17:15 Sports "4" Kids "
Balls, Balls" 4-6 years
17:15-18:15
"Balls, Balls" 7 years and older
Indoor gym at the Kusselbergschule



17:30-19:00
Advanced K-Pop, 12 years and older
Youth Center Detmold-West, Pivitsheide VL

17:30-19:00
"Come on and work out"
(45 min. walk/run followed by a 45 min. workout)
18:15-19:00
Workout - you can participate without walking/running
Indoor gym at the Kusselbergschule

20:00-22:00
Men's fitness: Calisthenics, gymnastics, games
Indoor gym at the Kusselbergschule

SATURDAY

10:30-12:00
Parkour for youths 10 years and older
Indoor gym at the Kusselbergschule

14:00-15:15
Jazz, modern, street dance for
beginners 10 years and older, Indoor
gym at the Kusselbergschule

SUNDAY

11:00-13:00
Hobby Mixed Volleyball
Indoor gym at the Kusselbergschule



THURSDAY

10:00-11:00 Sports "4" Kids
Physical activities for children at
the Hiddeser Berg municipal day-
care center

15:15-16:00
Children's gymnastics 5-6 years
16:00-17:00
Children's gymnastics 3-4 years

17:00-18:00
Parent/child gymnastics (up to 3 years),
Indoor gym at the Kusselbergschule

15:45-16:45
Course "Moving and perceiving with all your
senses" in the Kiebitz day-care center for
children attending the day-care center
(course is open to other children on request)

18:00-19:00
Running for everyone
Meet in the parking lot of the Fischerteich outdoor
swimming pool

18:00-19:00
Nordic walking for everyone
Meet in the parking lot of the Fischerteich
outdoor swimming pool

18:15-19:15
Body fitness
Indoor gym at the Kusselbergschule

19:45-21:30
Men's Volleyball, 1st Upper League
New gym at the Grabbe-Gymnasium
Georg-Weerth-Straße

Courses marked with the "Pluspunkt"
logo have been designated as
prevention courses of the German
Gymnastics Federation (DTB).

MONDAY

15:30-16:30
Games, fun, sports for girls 6-8 years old
Indoor gym at the Kusselbergschule



15:30-16:30
"Fit in old age" - Seniors 60 plus
Community hall of the Evangelical Church
Pivitsheide VL
Albert-Schweitzer-Straße 80



16:30-18:00
Trampoline, 7 years and older (please
request by telephone) Indoor gym at the
Kusselbergschule



16:45-17:45
Back gymnastics
Community hall of the Evangelical Church
Pivitsheide VL
Albert-Schweitzer-Straße 80



17:50-18:50
Back gymnastics
Community hall of the Evangelical Church
Pivitsheide VL
Albert-Schweitzer-Straße 80



18:00-19:00
Fun sports for youths 16 years
and older
Indoor gym at the Kusselbergschule



20:15-21:45
Women's Fitness, Calisthenics, Gymnastics, Games
Indoor gym at the Kusselbergschule

TUESDAY

8:30-9:30 Sports"4"Kids, physical activities for
children at the day-care center, 4-6 years,
AWO day-care center in Heidenoldendorf



10:00-11:30 Sports"4"Kids, physical activities
for children at the day-care center, 4-6 years,
Abraxas day-care center in Heidenoldendorf



15:00-16:00 Sports"4"Kids physical
activities with the topic of "Rhythmic,
Sound", open for all kids 4-6 years of
age at the Arche Noah day-care center,
Albert-Schweitzer-Str. 76



15:00-16:30
Games, sports, adventure for Girls 8-12
years old, indoor gym at the Kusselbergschule



16:30-18:00
Fun sports for youths 12-15 years
Indoor gym at the Kusselbergschule



17:30-19:00
Volleyball u18
Leopoldinum indoor gym, Detmold

17:00-18:00
Running and Nordic Walking for everyone (duration
changed in winter), parking lot of the Fischerteich
outdoor swimming pool

19:00-20:00
Step Aerobics, Belly, Butt & Thighs
Indoor gym at the Kusselbergschule

19:15-20:15
Zumba, community hall of the Evangelical Church
Pivitsheide VL
Albert-Schweitzer-Straße 80

19:45-21:30
Men's Volleyball, 1st Upper League
New gym at the Grabbe-
Gymnasium, Georg-Weerth-Straße

WEDNESDAY

08:30-10:30 Sports"4"Kids
Physical activities for children at the day-
care center
AWO day-care center "Am Berg", Detmold



11:00-12:00
Course "Moving and perceiving with all your senses" in
the Purzelbaum day-care center for children attending the
day-care center (course is open
to other children on request)



15:00-16:30
Games, sports, adventure
for boys 6-11 years
Indoor gym at the Kusselbergschule



17:00-20:00
Fitness studio, individual training for everyone
DBB-Sportzentrum, Wittekindstraße 3

17:30-19:00
Basketball for kids 8 years and older
Gym at the primary school,
Heidenoldendorf, Adolf-Meier-Str.

We continuously revise our course offerings and
add new courses to our program in the areas of
trend sports, health, children's gymnastics, etc.

Current and additional information on all course
offerings and contact details for the trainers can be
found on our home page www.tv09pivitsheide.de