

SPORTS



FOOTBALL (Soccer), OUTDOOR



Mixed groups of club members and refugees

Regular Exercise Timetable of local Sports Club Blau-Weiß Dingden

JUNIOR TEAMS	AGE	Monday	Tuesday	Wednesday	Thursday	Friday
Juniors G Boys and girls	under 7 years			Begin: 16:00 h End: 17:30 h		
Juniors F Boys and girls	under 9 years	Begin: 17:00 h End: 18:15 h			Begin: 17:00 h End: 18:15 h	
Juniors E Boys and girls	under 11 years	Begin: 17:30 h End: 19:00 h		Begin: 17:30 h End: 19:00 h		
Juniors D Boys only	under 13 years	Begin: 18:00 h End: 19:30 h	Begin: 18:00 h End: 19:30 h	Begin: 18:00 h End: 19:30 h	Begin: 18:00 h End: 19:30 h	
Juniors C Boys only	under 15 years		Begin: 18:00 h End: 19:30 h			
Juniors B Boys only	under 17 years		Begin: 18:00 h End: 19:30 h			
Juniors A Boys only	under 19 years		Begin: 19:00 h End: 20:30 h		Begin: 19:00 h End: 20:30 h	Begin: 19:00 h End: 20:30 h

ADULTS	AGE	Monday	Tuesday	Wednesday	Thursday	Friday
Adults Team 2 Men only	over 18 years					
Adults Team 3 Men only	over 18 years					
Seniors Team 1 Men only	over 32 years	Begin: 19:00 h End: 20:30 h			Begin: 19:00 h End: 20:30 h	
Seniors Team 2 Men only	over 32 years			Begin: 19:00 h End: 20:30 h		

Place: Football fields of Sports Club Blau-Weiß Dingden, 5 minutes on foot from here

Meeting time: 15 minutes before beginning time

Meeting point: Here

For refugees no membership is required

Valid from March 2016

Contact person: Uli KRAHN

SPORTS



Handball, INDOOR



Mixed groups of club members and refugees
Regular Exercise Timetable of local Sports Club Blau-Weiß Dingden

JUNIOR TEAMS	AGE	Monday	Tuesday	Wednesday	Thursday	Friday
Juniors C Boys only	under 15 years			Begin: 17:30 h End: 18:30 h		Begin: 16:30 h End: 18:00 h
Juniors B Boys only	under 17 years			Begin: 18:30 h End: 20:00 h		
Juniors A Boys only	under 19 years		Begin: 20:00 h End: 22:00 h			Begin: 18:00 h End: 20:00 h

ADULTS	AGE	Monday	Tuesday	Wednesday	Thursday	Friday
Adults Team 1 Men only	over 18 years			Begin: 20:00 h End: 22:00 h		Begin: 18:00 h End: 20:00 h
Adults Team 2 Men only	over 18 years			Begin: 20:00 h End: 22:00 h		
Adults Team 1 Women only	over 18 years		Begin: 20:00 h End: 22:00 h			Begin: 18:00 h End: 20:00 h
Adults Team 2 Women only	over 18 years			Begin: 18:30 h End: 20:00 h		

Place: Sports Hall "Mumbecker Bach", 5 minutes on foot from here, next to football playgrounds
Meeting time: 15 minutes before beginning time
Meeting point: Here

For refugees no membership is required

Valid from March 2016
Contact person: Uli KRAHN

SPORTS



Casual Runner's Point, OUTDOOR

Mixed groups of club members and refugees

Regular Exercise Timetable of local Sports Club Blau-Weiß Dingden

	AGE	Tuesday	Saturday
Everyone (Male and Female)	over 16 years	Begin: 19:30 h End: 21:00 h	Begin: 14:30 h End: 16:00 h

Place: Different running courses (5 - 10 km) in and around Dingden
Starting point at Clubhouse of Sports Club Blau-Weiß Dingden

Meeting time: 15 minutes before beginning time

Meeting point: Here

Judo, INDOOR

Mixed groups of club members and refugees

Regular Exercise Timetable of local Sports Club Blau-Weiß Dingden

MINORS ONLY	AGE	Wednesday
Minors Boys and girls	7 - 16 years	Begin: 17:30 h End: 19:00 h

Place: Sports Hall "Hauptschule" next to Refugees Camp

Meeting time: 15 minutes before beginning time

Meeting point: Here

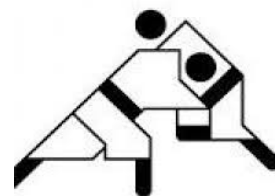


Table Tennis (Pingpong), INDOOR

Mixed groups of club members and refugees

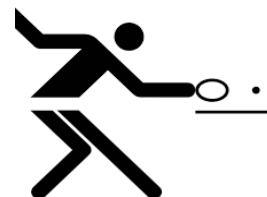
Regular Exercise Timetable of local Sports Club Blau-Weiß Dingden

	AGE	Thursday
Adults Men only	over 18 years	Begin: 19:30 h End: 21:00 h

Place: Sports Hall "Grundschule", 15 minutes on foot from here
Starting point at Clubhouse of Sports Club Blau-Weiß Dingden

Meeting time: 30 minutes before beginning time

Meeting point: Here



For refugees no membership is required

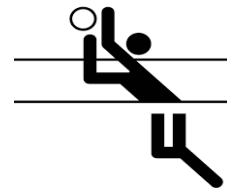
Valid from March 2016

Contact person: Uli KRAHN

SPORTS



Volleyball, INDOOR



Mixed groups of club members and refugees
Regular Exercise Timetable of local Sports Club Blau-Weiß Dingden

	AGE	Monday	Tuesday	Wednesday	Thursday	Friday
Minors girls only	over 8 Years	Begin: 15:30 h open end Sports Hall MB			Begin: 15:30 h open end Sports Hall MB	
Adults Mix Men and Women	over 18 Years				Begin: 20:00 h End: 22:00 h Sports Hall MB	
Adults Men only	over 18 Years				Begin: 18:00 h End: 20:00 h Sports Hall HS	
Adults Women only	over 16 Years		Begin: 17:00 h End: 18:30 h Sports Hall HS		Begin: 18:00 h End: 20:00 h Sports Hall HS	

Place: Sports Hall MB = "Mumbecker Bach", 5 minutes on foot from here, next to football playgrounds
Sports Hall HS = "Hauptschule" next to Refugees Camp
Meeting time: 15 minutes before beginning time
Meeting point: Here

Gymnastics, INDOOR



Mixed groups of club members and refugees
Regular Exercise Timetable of local Sports Club Blau-Weiß Dingden

	AGE	Monday	Tuesday	Wednesday	Thursday	Friday
Parents together with their young childs	1 - 3 years	Begin: 16:00 h End: 17:30 h Sports Hall GS				
Children (Boys and girls)	3 - 6 years			Begin: 15:00 h End: 16:00 h Sports Hall GS		
Children Girls only	6 - 16 years		Begin: 16:00 h End: 17:00 h Sports Hall HS			
Adults Women only	over 16	Begin: 20:00 h End: 21:00 h Sports Hall HS	Begin: 11:00 h End: 12:00 h Sport Hall VH			

Place: Sports Hall HS = "Hauptschule" next to Refugees Camp
Sports Hall VH = Gym hall inside Clubhouse of Sports Club Blau-Weiß Dingden, next to
Meeting time: 15 minutes before beginning time

Place: Sports Hall GS = "Grundschule", 15 minutes on foot from here
Meeting time: 30 minutes before beginning time

Meeting point: here

For refugees no membership is required