

FIT & FUN WEEKLY PROGRAM 2024

(from July 1st to August 31st)
Parkbad Krumpendorf

MONDAY

GYM with AQUA JOGGING.

9am If the water temperature is at least 24° C in the Lake. Duration approx. 45 minutes.

4pm **YOGA FOR KIDS.** Duration approx. 1 hour.

AFRICAN DANCE.

6pm African dance rhythms bring well-being. Duration approx. 1 hour.

TUESDAY

10am **STAND UP PADDLING** is an interesting alternative to explore the lake from a different perspective and to practise balance and endurance. Introduction including a short tour. Meeting point: Water ski school

CHILDREN'S CLUB.

11am Fun and games for children from 5 years. July 6th to August 18th from 11am to 5pm.

2pm **BEACHVOLLEYBALL TOURNAMENT** for children

3pm **BEACHVOLLEYBALL TOURNAMENT** for adults

6pm **FUNCTIONAL GYMNASTICS FROM HEAD TO TOE.** Duration approx. 1 hour.

WEDNESDAY

CHILDREN'S CLUB.

11am Fun and games for children from 5 years. July 6th to August 18th from 11am to 5pm.

4pm **AQUA JOGGING.** Only if the water temperature is at least 24° C. Duration approx. 45 minutes.

6pm **YOGA.** Duration approx. 1 hour.

THURSDAY

10am **KAJAK TESTING.** Introduction including a short tour. Meeting point: Water ski school

CHILDREN'S CLUB.

11am Fun and games for children from 5 years. July 6th to August 18th from 11am to 5pm.

6pm **DEEP WORK.** Duration approx. 1 hour

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FRIDAY

GYM with AQUA JOGGING.

9am If the water temperature is at least 24° C in the Lake. Duration approx. 45 minutes.

CHILDREN'S CLUB.

11am Fun and games for children from 5 years. July 6th to August 18th from 11am to 5pm.

5pm **ACHERY** for young and old alike

SATURDAY

8am **YOGA.** Duration approx. 1 hour.

SNORKELING and DIVING.

11am Take a trial lesson with the Atlantis dive center. Equipment available.

CHILDREN'S CLUB.

11am Fun and games for children from 5 years. July 6th to August 18th from 11am to 5pm.

4pm **AQUA JOGGING.** Only if the water temperature is at least 24° C. Duration approx. 45 minutes.

SUNDAY

CHILDREN'S CLUB.

11am Fun and games for children from 5 years. July 6th to August 18th from 11am to 5pm.

FIT & FUN PROGRAM "LIGHT".
from September 1st to September 15th!

The fee for the various activities is already included in the entrance fee to the public bathing beach!

Subject to change!

PARKBAD KRUMPENDORF:

100m swimming lane, diving platform, bocce court and beach volleyball, free WLAN at the Parkbad, Water ski SEESport, barrier-free access to the lake, bike rental, beach shop