

Dear Freundeskreis Asyl (Circle of friends) and dear refugees,

We are happy to announce that **from 18th January 2016** we will be able to offer the following sporting activities for refugees (free of charge = for free)

Indoor sport facilities have special floors. This is why only sport shoes may be worn in indoor sporting facilities. If you do not have sport shoes Freundeskreis Asyl might be able to provide a pair. For this we need to know your shoe size. Please make a note on the application list.

(pm means: in the afternoon)

1. **Boxing:** Provider: Dialog e.V.
 Contact: Mr Diner
 Location: Hohenlohe-Halle Öhringen, Pfaffenmühlweg 30
 Time: Tuesday 6 pm – 8 pm
 Thursday 6 pm – 8 pm

2. **Taek-won-do:** Provider: Budokwai
 Contact: Mr Johann Most, Tel 605982
 Location: Alte Turnhalle Öhringen, Hunnenstraße (red brick building)
 Time: Tuesday 7.30 pm – 9 pm

3. **Volleyball:** Provider: Dialog e.V.
 Contact: Mr Kindsvater
 Location: Alte Turnhalle Öhringen, Hunnenstraße (red brick building)
 Time: Sunday 2 pm – 6 pm
 Location: Au-Halle Öhringen
 Time: Wednesday 5 pm – 8 pm

4. **Ju Jutsu:** Provider: Budokwai
 Contact: Mr Bernd Reinhardt
 Location: Sporthalle Hungerfeldschule Öhringen, Behringstraße
 Time: Tuesday 8 pm – 9.45 pm
 Friday 7 pm – 8.30 pm

5. **Aikido:** Provider: Budokwai
 Contact: Mr Alexander Reinhardt
 Location: Sporthalle Hungerfeldschule Öhringen, Behringstraße
 Time: Monday 8 pm – 10 pm

6. **Muscle training:** Provider: Dialog e.V.
 Contact: Mr Diner
 Location: Weight room/Spiegelsaal Hohenlohe Halle, Pfaffenmühlweg

Time: Monday 6 pm – 9 pm
Tuesday 6 pm – 9 pm
Wednesday 6 pm – 9 pm
Thursday 6 pm – 9 pm

7. Football / Gorodki Provider: Dialog e.V.

Contact: Mr Diner

Unfortunately, we cannot offer membership in football clubs but we are trying to organise a cooperation. If you want to play on your own accord, it is possible to use the football fields next to the indoor swimming-pool and at Tiele-Winckler-school. Footballs should be available there.

Location: Sportplatz Tiele-Winckler-Schule Öhringen

Time: Saturday 3 pm – 6 pm

Sunday 3 pm – 6 pm

8. Swimming for beginners:

Provider: DLRG Öhringen

Contact: Mr Reuß

Location: Indoor swimming pool Öhringen, Rendelstraße

Time: Monday 7.30 pm – 8.30 pm

9. Circus arts (Acrobatics, juggling, balancing etc.):

Provider: Zirkus Abracci

Contact: Uli and Franz Reinalter Tel. 602006

for young people aged 10 – 24 years old

Location: Sporthalle Hungerfeldschule Öhringen, Behringstraße

Time: Monday 5.30 pm – 7.30 pm

10. Karate Shotokan

Provider: TSG Öhringen

Contact: Volker Hebestadt

Location: Au-Halle, Öhringen, Austraße 21

Time: Monday 8.00 pm – 9.30 pm

Location: Hohenlohe-Halle Öhringen

Time: Wednesday 8.00 pm – 9.30 pm

Location: Gymnasium-Halle

Time: Friday 7.00 pm – 8.00 pm

Very important:

The trainers make an effort to offer all these sporting activities to you for free and on a regular basis. We all would like them to stay motivated. If you want to participate in a sporting programme please attend the training sessions regularly and be there on time. Otherwise the trainers might become disappointed and frustrated. If you cannot attend because you are sick

or because you have an appointment with the authorities, please let your trainer know - if possible in advance.

During school holidays and public holidays there are no training sessions unless stated otherwise by your trainer.

Kind regards

Johann Most

Sportverbund Öhringen

Translation by Imogen Wilde, Selina Priest-Wilde, Peter Priest