



Aktiv! im Sommer 2025

ACTIVITY	WEEKDAY	TIME	DATES	LOCATION
Aqua-Rhythm	Monday	18:30–19:20	June 23 – August 25	Naturbad, Riehen
Aktiv! mit Vereinen*	Monday	19:00–20:00	June 11 – September 1	Schützenmattpark, Basel
Dance Fitness	Monday	19:00–19:50	June 16 – August 25	St. Johannis-Park, Basel
Gymnastics	Tuesday	19:00–20:00	May 13 – September 2	Schützenmattpark, Basel
Dance Together	Tuesday	19:00–19:50	June 3 – August 12	Horburg Park, Basel
Aktiv! mit Vereinen**	Wednesday	19:00–20:00	June 13 – September 3	Schützenmattpark, Basel
Yoga	Wednesday	19:00–20:00	June 4 – September 3	Erlenmattpark, Basel
Pilates	Wednesday	19:00–19:50	June 4 – August 27	Wettsteinanlage, Riehen
Vital Fit	Wednesday	19:00–20:00	June 18 – August 20	Sportplatz Bettingen
Pilates	Wednesday	19:00–19:50	June 18 – August 27	Jörinpark, Pratteln
Body Toning	Thursday	19:00–19:50	June 5 – Sept. 4 (except May 29, July 31)	Margarethenpark, Basel
Body Toning	Thursday	19:00–19:50	June 5 – August 28 (except July 31)	Wettsteinanlage, Riehen
Dance Yourself Fit	Thursday	18:30–19:20	June 12 – August 21 (except July 31)	Universitäre Psychiatrische Kliniken Basel
Qi Gong	Friday	19:00–20:00	May 16 – August 29 (except August 1)	Schützenmattpark, Basel
Tai Chi	Sunday	10:30–11:30	June 22 – August 24	St. Chrischona, Bettingen

Aqua-Rhythm: Intensive water aerobics in chest-deep water to party music from all over the world for an effective fitness training; swimming pool entry must be paid extra.

Body Toning: A full-body workout to rousing music; the varied exercises using your own body weight strengthen and tone your stomach, legs, and buttocks in particular.

Dance Fitness: Combines dance, fitness, and fun to music from around the world—party mood guaranteed!

Dance Together: Different dance styles and choreographies to rousing music.

Dance Yourself Fit: Feel the rhythm, move with joy, and train endurance, coordination, and muscles to rousing music.

Gymnastics: A varied workout for strength, endurance, and coordination to great music.

Pilates: Strength exercises, stretching, and conscious breathing strengthen the deep muscle groups that ensure a healthy and correct posture. Mats are provided.

Qi Gong and Tai Chi: With Chinese meditation and movement you train coordination and flexibility. Body and mind relax through a series of round and harmonious forms of movement.

Vital Fit: In the open air, you train strength, endurance, and coordination training with playful exercises.

Yoga: Yoga means harmony and well-being for body, mind, and soul. A relaxing hour in the urban Erlenmattpark for beginners and yogis of all levels. Mats are provided.

*Aktiv! mit Vereinen (Active with Clubs!): Schützenmattpark — Mondays 19:00–20:00

June 16, 23, and 30; July 7: American flag football with the “Basel Spartans” club
 July 14, 21, and 28; August 4: Disc golf with the “Merry Chains Disc Golf Club Basel”
 August 11, 17, and 25; Sept. 1: Boxing with the “Boxclub Boxeo Gym”

**Aktiv! mit Vereinen (Active with Clubs!): Schützenmattpark — Wednesdays 19:00–20:00

June 18 and 25; July 2 and 9: Slackline with the “Basel City Slackliners” club
 July 16, 23, and 30; August 6: Thai boxing with the “Gold Dragons Basel” club
 August 13, 20, and 27; Sept. 3: Irish Dance with the “Ivy Irish Dance Academy”