



## Aktiv! im Sommer 2026

ACTIVITY	WEEKDAY	TIME	DATES	LOCATION
Aqua-Rhythm	Monday	18:30–19:20	June 22 – August 24	Naturbad, Riehen
<b>Aktiv! mit Vereinen*</b>	<b>Monday</b>	<b>19:00–20:00</b>	<b>June 8 – August 24</b>	<b>Schützenmattpark, Basel</b>
Dance Fitness	Monday	19:00–19:50	June 15 – August 24	St. Johannis-Park, Basel
Gymnastics	Tuesday	19:00–20:00	May 12 – September 1	Schützenmattpark, Basel
Dance Together	Tuesday	19:00–19:50	June 2 – August 11	Horburg Park, Basel
<b>Aktiv! mit Vereinen**</b>	<b>Wednesday</b>	<b>19:00–20:00</b>	<b>June 10 – August 26</b>	<b>Schützenmattpark, Basel</b>
Yoga	Wednesday	19:00–20:00	June 3 – September 2	Erlenmattpark, Basel
Pilates	Wednesday	19:00–19:50	June 17 – August 19	Wettsteinanlage, Riehen
Pilates	Wednesday	19:00–19:50	June 17 – August 26	Jörinpark, Pratteln
Body Toning	Thursday	19:00–19:50	May 21 – September 3	Margarethenpark, Basel
Body Toning	Thursday	19:00–19:50	June 18 – August 20	Wettsteinanlage, Riehen
Dance Yourself Fit	Thursday	18:30–19:20	June 11 – August 13	Universitäre Psychiatrische Kliniken Basel
Qi Gong	Friday	19:00–20:00	May 22 – September 4	Schützenmattpark, Basel
Tai Chi	Sunday	10:30–11:30	June 21 – August 23	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.

**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 8, 15, 22, and 29: Capoeira Angola with the “Capoeira Angola Basel” club  
 July 6, 13, 20, and 27: Disc golf with the “Merry Chains Disc Golf Club Basel”  
 August 3, 10, 17, and 24: Irish Dance with the “Ivy Irish Dance Academy”

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

June 10, 17, and 24; July 1: Running (exclusively for women) with the “RunHer Club”  
 July 8, 15, 22, and 29: Thai boxing with the “Gold Dragons Basel” club  
 August 5, 12, 19, and 26: Korfball with the “Korfball Basel” club