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## Sports programmes

Sports programmes are opportunities to do sport. They are available for all age groups and interests. You can find sports programmes in clubs, fitness studios or public facilities, for example. Sport keeps you fit and helps you get to know other people. It also does something good for your health. Which sports programme is right for you depends on your individual interests and needs. You can try out different types of sport to find out what you enjoy.

### KreisSportBund Ammerland e. V.

There are many different sports and clubs at Ammerland. You can find an overview of the sports on offer at KreisSportBund Ammerland e.V. [Here](#) you can search for sports and find suitable clubs and programmes.

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## District adult education centre

There are also many sports programmes at the kvhs. You can find more information [here](#).

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## Swimming pools

A swimming pool is an artificial pool where you can swim, bathe and splash around. Swimming pools can be indoors or outdoors. There is always a pool attendant (lifeguard) in swimming pools. They help people if they get into difficulties in the water. These swimming pools can be found at Ammerland:

- 📍 [Schwimmbad Bad am Stadion Edewecht](#)
- 📍 [Schwimmbad Hallenbad Bad Zwischenahn](#)
- 📍 [Schwimmbad Hallenbad Rastede](#)
- 📍 [Schwimmbad Hössenbad](#)
- 📍 [Schwimmbad Swemmbad Wiefelstede](#)
- 📍 [Badepark Bad Zwischenahn](#)
- 📍 [Freibad Hengstforde](#)

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## Bathing lakes

A bathing lake is a natural or artificial body of water where you can swim, bathe, dive and enjoy other water sports. Bathing lakes are generally larger and deeper than ponds and therefore offer more space for swimming. Swimming is expressly permitted in bathing lakes. There is a lifeguard (lifeguard) at many bathing lakes. They help people if they get into difficulties in the water.

- 📍 [Badestrand am Woldsee](#)
- 📍 [Badestellen am Zwischenahner Meer](#)

📍 [Bernsteinsee Wiefelstede](#)

📍 [Beachclub Nethen](#)

📍 [Naturbad Hahn-Lehmden](#)