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Leisure time

Sport

Here you will find information on sports and leisure activities in and around Regensburg.

Sports portal of the city of Regensburg

Here you will find everything you need to know about sport in Regensburg. Information on clubs. Important places. Contacts and times. [Take a look!](#)

Keywords: sports clubs, football, basketball, tennis, swimming, sports ground, swimming pool

Sport in Regensburg

WHERE can you do sport for free in Regensburg? WHAT can you do?

[Hall 37](#) of the city of Regensburg - free of charge

You can do sport free of charge in the leisure sports hall.

You can go there without registering.

You can join in anywhere.

You can take your family and friends with you.

You can try out many different types of sport.

You can also chill out here.

Opening hours:

Monday to Friday 14:00 to 20:00

Address:

[Dieselstraße 7, 93093 Regensburg](#)

Sport in the park - free of charge

Sport in the Park is a sports programme for older people.

You can take part free of charge.

You can take part without registering.

You don't need any special sports clothing.

The programmes are offered in various parks in Regensburg.

The offer is available every year from 2 May to 31 October.

You can find current information and the programme [here](#).

Regensburg goes fit - free of charge

You do fitness in the open air.

You can do yoga, Zumba, functional training and energy dance.

The programme is available every summer from June to July.

When? Every Sunday from 4 pm to 7 pm.

Professional trainers are there for you.

You can find current information and the programme [here](#).

Campus Asyl does sport - free of charge

You can do sport for free at Campus Asyl.

You can go without registering.

You can:

- Swim
- Ride a bike
- dance
- play foot-ball
- much more

[Here](#) you will find current information and the programme.

Other outdoor sports - free of charge

You can also do sport on your own.

Or with friends.

[Here](#) you can see where you can do these types of sport:

Football, skating, curling, beach volleyball, fitness and boccia.

If you have children, you can go to playgrounds.

You can make friends on playgrounds.

There are lots of playgrounds in Regensburg.

There are many different ways to play.

[Here](#) you can see where the playgrounds are.

Playgrounds often also have football pitches and benches.

That's good.

So everyone has fun!

Jogging

You can jog anywhere in the city.

That's normal.

Pay attention to the traffic rules!

There are many important traffic rules in Germany.

You must observe these rules.

Other sports facilities

There are other sports halls and sports grounds in Regensburg.

These often belong to a **club**. Look under "[Sports clubs](#)".

You have to become a member of a **club**.

This usually costs money.

You can then do different types of sport.

Enquire at a club near you.

Search for a club for you [here](#).

Women's integration through sport with fun

As a woman, you can join the [FIT Regensburg](#) project straight away.

These are low-cost sports programmes, especially for women with and without a migration background.

You can take part in Zumba, women's fitness, body shaping or progressive muscle relaxation.

You can cycle for free.

The sports programmes sometimes include childcare.
Sometimes there is a play corner for children.

Fitness centres and course providers

You can also do sports very well outside of sports clubs.
You can go to fitness centres.
These programmes cost money.
You often have to sign a contract.
This means you have to pay for at least a year.
Read the contract carefully!

Search the internet for "fitness studio".

Professional sports in Regensburg

There are also professional sports centres in Regensburg!
For example:

- Football
- baseball
- Ice hockey
- Tennis...
⇒ Take a look at the professional clubs: Top Sport Regensburg. [Here](#) you will find lots of information about the clubs.

Sports clubs and other clubs; migrant clubs

There are many **sports halls** and **sports grounds** in Regensburg.
These often belong to a **club**.
You have to become a member of a club.
This usually costs money.
It is cheaper for children.
It is cheaper for recognised refugees under 18.
How much you have to pay varies.
You can try out almost every sports club for free.
Just ask directly!

You can find all sports clubs in Regensburg [here](#).

Attention:

Are you a recognised refugee under 18?
You can get money for a club.
You have to fill in an application form with your sports club.
Ask there!

Migrant sports clubs

People with migration experience have founded sports clubs.
They also speak in their mother tongue.
They belong to the **migrant self-organisations** (MGOs).

These clubs exist in Regensburg:

FC Kosova Regensburg**Football club**[Von-Donle-Straße 6](#)

93055 Regensburg

E-mail: fitim@ademaj.de[Website](#)**SV Türk Genclik Regensburg e.V ==> not in the list above****Football club**[Schlesische Str. 7](#)

93073 Neutraubling

E-mail: muratdindar@hotmail.com, sv-tuerkgenclik@hotmail.com[website](#)**SV Donau e.V.****Football club**[Prüfeninger Str. 83a](#)

93049 Regensburg

E-Mail: netscho.novakovic@hotmail.de**Serbian Club Donau Regensburg e.V.****Football club**

No permanent clubhouse

E-mail: pajo-sachenbacher@web.de[Website of](#)**Titan e.V.****Russian martial arts club**[Bukarester Straße 9](#)

93055 Regensburg

E-Mail: titan.e.v@web.de**Other clubs**

There are also other clubs in Regensburg.

These are concerned with music, culture, animal protection, gardening, helping other people,

...

[Here](#) you can find other clubs in Regensburg.

Other associations of migrants

People with migration experience have also founded other associations.

These are often concerned with the culture, language and religion of the country of origin.

They are also concerned with education and integration.

They belong to the migrant self-organisations (MGOs)

You can find an overview [here](#) .

City library

In a library you can borrow books, CDs, DVDs, games and much more or use them directly on site. There are also many media in other languages.

You can study there in peace and quiet.

You can use computers there.

You can practise reading there.

You can relax there.

It doesn't cost much. It's free for children. There are favourable rates for asylum seekers, students, welfare recipients and other groups. You can also use many of the services free of charge without a membership.

The library also organises regular free events. Many of them are for children and families. You can find a list [here](#).

Locations

[City library Am Haidplatz \(head office\)](#)

[Haidplatz 8](#)

[Phone number](#)

[E-mail address](#)

[District library NORD](#)

[Hans-Hayder-Straße 2](#)

[Phone number](#)

[E-mail address](#)

[East neighbourhood library](#)

[Alfons-Auer-Straße 18](#)

[Phone number](#)

[E-mail address](#)

[District library SOUTH](#)

[Dr.-Gessler-Straße 47](#)

[Phone number](#)

[e-mail address](#)

[BURGWEINTING district library](#)

in the BUZ

[Friedrich-Viehbacher-Allee 3](#)

[Phone number](#)

[e-mail address](#)

[CANDIS neighbourhood library](#)

[Kastenmaierstraße 2](#)

[Phone number](#)

[e-mail address](#)

Keywords: library, library, books, reading, learning German, internet, computer

Art and culture

Calendar of events

Which events are taking place WHEN and WHERE?

Search for [events](#) here in the app! Or in the Regensburg [events calendar](#) !

You can find more information about culture in Regensburg [here](#)!

M26 - A place by all, for all

The M26 is an open art and culture centre for everyone. There are workshops, music and exhibitions. Almost all events are free of charge.

Contact:

[Maximilianstraße 26, 93047 Regensburg](#)

Monday, Tuesday and Wednesday the Community Cafe is open from 8.30 am to 12.30 pm.

Saturday 14 - 17:00 free hands-on workshops for everyone aged 10 and over.

www.m26kultur.de

kontakt@m26kultur.de

Keywords: culture, theatre, concerts, music, art, exhibition, cinema

KulTür Regensburg e.V.

You have little money? But you would like to go to the theatre or concerts? Would you like to get to know the culture here better? You can't afford tickets for events?

KulTür organises free offers. For people with little money. Also for asylum seekers and refugees.

Contact:

KulTür Regensburg e.V.

[Obermünsterstr. 1](#)

93047 Regensburg

Tuesday, Wednesday and Thursday from 9 am to 12 noon. Thursday from 1 - 4 pm.

Ticket office: [0941 3820 1669](tel:094138201669)

Project management: [0176 534 10 876](tel:017653410876)

www.kultuer-regensburg.de

post@kultuer-regensburg.de

Keywords: culture, theatre, concerts, music, art, exhibition, cinema

Adult Education Centre Regensburg

The adult education centre (VHS) is a school where adults can attend courses. The courses are very diverse.

Courses are offered for learning languages, computer skills, sports, art and more.

Anyone who wants to can take part and the prices are usually favourable. The VHS helps people to learn new skills or further their education.

There are 845 adult education centres in Germany. A VHS often has several locations and there are almost 3000 centres in Germany.

The majority of courses and events at Regensburg Adult Education Centre take place in the Thon-Dittmer-Palais on Haidplatz, in Scheugässchen or in the Education Centres in KÖWE and Candis.

You can find out about the current programme on the VHS Regensburg homepage.

<https://www.vhs-regensburg.de/>

Museums in Regensburg

For friends of art and history, the museums and galleries in the city of Regensburg are highly recommended.

Under this link you will find an overview of the museums in the city:

<https://www.regensburg.de/museen/die-museen>

Regensburg Theatre

Do you like going to the theatre?

Here you can find information on the many events and venues!

<https://www.theaterregensburg.de/start/index.html>