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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:

[Stadt Regensburg - Sport u. Freizeit - Sportportal - Sport von A-Z](#)

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?

Halle 37 in 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: free of charge:

Halle 37 | Stadt Regensburg

[!\[\]\(a73c1962d20a39dd8fd6a060ae69693f_img.jpg\) Dieselstraße 7, 93093 Regensburg](#)

[!\[\]\(f507db636256ac11a5525ef93ec6b8d7_img.jpg\) https://www.regensburg.de/leben/sport-u-freizeit/...](https://www.regensburg.de/leben/sport-u-freizeit/...)

Sport im Park - free of charge

Sport im 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:

[Stadt Regensburg - Sport u. Freizeit - Sport- und Freizeitangebote](#)

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 up-to-date information and the programme here:

[Stadt Regensburg - Sport- und Freizeitangebote - Regensburg goes FIT 2025](#)

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:

[Sport | CampusAsyl e.V.](#)

Other outdoor sports activities - free of charge

You can also do sport on your own.
Or with friends.

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

Here you can see where you can do these sports:

[Stadt Regensburg - Sport u. Freizeit - Sportstätten und Freizeitanlagen](#)

If you have children, you can go to playgrounds.
You can make friends on playgrounds.
There are lots of playgrounds in Regensburg.
There are lots of different ways to play.
Here you can see where the playgrounds are:

[Stadt Regensburg - Sportstätten und Freizeitanlagen - Regensburger Spielplätze](#)

Playgrounds often 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**.

You have to become a member of a **club**.
This usually costs money.
You can then do different types of sport.
Ask at a club in your neighbourhood.

Look under "Sports clubs":

[Sport-Vereine und andere Vereine; Vereine von Migranten - Stadt Regensburg | Integreat](#)

Search here for a club for you:

[Stadt Regensburg - Sport u. Freizeit - Sport- und Freizeitangebote](#)

Women's integration through sport with fun (FIT Regensburg)

As a woman, you can join the project FIT Regensburg immediately.
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.

You can find more information here on the Internet:

[Stadt Regensburg - Sport- und Freizeitangebote - Sport für Frauen](#)

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 sport in Regensburg

There is also professional sport at Regensburg!
For example:

- Football
- base-ball
- Ice hockey
- Tennis...
⇒ Take a look at the professional clubs: Top sport Regensburg.

Here you will find lots of information about the clubs:

[Startseite - SpitzenSport Regensburg](#)

Sports clubs and other clubs; migrant clubs

There are many **sports halls** and **sports grounds** in Regensburg.

These often belong to a **Verein**.

You have to become a member of Verein.

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!

Here you can find allsports clubs in Regensburg:

[Stadt Regensburg - Sport u. Freizeit - Sport- und Freizeitangebote](#)

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 | Fußballverein

📍 [Von-Donle-Straße 6, 93055 Regensburg](#)

✉️ [@fitim@ademaj.de](mailto:fitim@ademaj.de)

🌐 <https://www.fckosova-regensburg.de/>

SV Türk Genclik Regensburg e.V | Fußballverein

📍 [Schlesische Straße 7, 93073 Neutraubling](#)

✉️ [@sv-tuerkgenclik@hotmail.com](mailto:sv-tuerkgenclik@hotmail.com)

🌐 <https://www.bfv.de/vereine/00ES8GNJMS00001EVV0AG0...>

Alternative: muratdindar@hotmail.com,

SV Donau e.V. | Fußballverein

[📍 Prüfeningerstraße 83a, 93049 Regensburg](#)

[@netscho.novakovic@hotmail.de](mailto:netscho.novakovic@hotmail.de)

Serbischer Club Donau Regensburg e.V. | Fußballverein

[@pajo-sachenbacher@web.de](mailto:pajo-sachenbacher@web.de)

[🌐 https://www.facebook.com/SerbischerClubRegensburg/](https://www.facebook.com/SerbischerClubRegensburg/)

So far without a permanent clubhouse.

Titan e.V. | Russischer Kampfsportverein

[📍 Bukaresterstraße 9, 93055 Regensburg](#)

[@titan.e.v@web.de](mailto: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:

[Stadt Regensburg - Start - Leben](#)

Other associations of migrants

People with migration experience have also founded other associations.

These often focus on 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:

[Stadt Regensburg - Integrationsbeirat - Regensburger Migrantenorganisationen](#)

Learn to swim

There are many beautiful places to swim in Regensburg.

For example, rivers, lakes and swimming pools.

But: swimming can be dangerous.

If you can't swim, you can drown in the water.

In Bavaria, people drown in rivers and lakes every year.

That's why it's important:

Learn to swim in a swimming course.

The Stadtwerk swimming pool in Regensburg has two locations:

the Westbad

the Sportpark Ost

There are many swimming courses there:

for children

for adults

for beginners (people who do not yet know how to swim)

for advanced swimmers (people who want to learn to swim better)

You can take a swimming course at both locations.

You can find more information here:

[Schwimmkurse](#)

There are also courses for women and girls only. If these courses are currently on offer, you can find them here:

[Stadt Regensburg - Sport- und Freizeitangebote - Sport für Frauen](#)

[Sport | CampusAsyl e.V.](#)