

Free offer for refugees

Capoeira

Aimed for children (7 years and older) on Tuesdays at 17:00 hours,

And for youth (ages 12 and up) and adults on Tuesdays at 6:00 p.m.



"Dance, acrobatics, music, movement, fun, tips for life?! Capoeira, the Brazilian dance art, offers you all this and more! We look forward to meeting you!"

Women's.fitness.

Mondays 11:00 a.m. - 12:00 p.m.

Sport and getting together.

Women's.Fitness is led by an experienced yoga instructor and physical therapist.

Frauen. Sport.



Stadt. Teil. Rat.
Barmbek-Nord

ZINNSCHMELZE

The offer is for women of all ages and for women who are unable to take advantage of the usual sports offerings at clubs or fitness studios.

Zinnschmelze :: Maurienstraße 19 :: 22305 Hamburg

Telefon: Büro +49 – (0)40 – 231 885 58 :: Mail: kurse@zinnschmelze.de

ZINNSCHMELZE

Barmbeks. Kultur. Kiez.

Children's Choir Happy Musikidz

Mondays - 5:00 p.m. - 6:00 p.m.

Do you enjoy singing and making music together?

Could you imagine taking your fun and talent to the big stage one day?

Are you 5 to 10 years old, too? Then come and join us!



The Zinnschmelze Children's Choir is all about fun and imagination. We invite you to sing together, exchange ideas, and make friends. We sing "old" folk songs as well as modern and international songs in foreign languages.

Meeting with conversation for migrants

Wednesdays - 5:00 - 6:00 pm

SPRACHBRÜCKE // HAMBURG

Wir reden, damit Sprache verbindet

We speak so that the language connects...

A discussion group for migrants is different from learning in school. It is for adult migrants who want to practice and improve their German. In small groups we talk about Hamburg, culture or everyday life, for example, and go on excursions together which match the topic.

Further information- Call 040-231 885 58 | kurse@zinnschmelze.de

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