Newsletter SPR August 2026

Dear SPR member,

We hope you've had a lovely summer and are starting the new sports year feeling refreshed. We (the SPR board and staff at the Sports Centre) have been working on the new sports timetable, which comes into effect on 31 August 2026. We're delighted to be able to add a number of new activities to the timetable. Some activities have also been changed in terms of day and/or time. The changes are listed below; please see the timetable (next page) for full details:

- **Bootcamp:** A bootcamp course was organised last spring. Bootcamp is now a regular feature of the timetable and will take place outdoors at the Zernike Complex. The instructor will consult with participants regarding the intensity and level of the sessions. Starts on 10 September, see timetable.
- **Circuit training:** In addition to the existing one-hour circuit training session aimed at our retired members, an extra session has been scheduled for Fridays. This session is also open to ACLO members,
- **Kickboxing:** Please note: the time has changed, and there is space for new participants.
- **Padel**: Padel courses were launched last year, and these are continuing. This year, a padel course for beginners and a padel course for advanced players have been included. Each course lasts 10 weeks. You must register in good time for the course starting on 10 September; see: timetable.
  The courses will be held on the padel courts at the Sports Centre until mid-November. From 19 November the courts at The Padellers (Ulgersmaweg) will be used until a date to be confirmed in the spring. The courses will then return to the padel courts at the Sports Centre.
- **Pickleball:** Discussions are still ongoing with ACLO regarding the organisation of a pickleball course. We will provide an update as soon as we have more information.
- **Pilates:** There have been some changes to the days and times for Pilates. Pilates classes are held on Tuesdays and Fridays from 12.00 to 13.00 (at the SC location); see the timetable.
- **Ski preparation training** and **Spinning** will remain on the timetable, despite the fact that there were few participants in the courses last year. We hope there will be more interest this year, partly due to the choice of a different time slot on the timetable. The 10-week courses start on 18 November and you must register in good time, see timetable.
- **Yoga:** There have been some changes to the days and times for Pilates. Yoga is held on Wednesdays from 12.15–13.15 (at the AMD location), and on Fridays from 13.00–14.00 (at the SC location); see the timetable.
  The AMD location is still available for the month of September and possibly beyond. At present, this is not yet known, nor is the alternative location. Please keep an eye on announcements regarding this matter.
- **Swimming:**
  - The swimming certificate course remains on the timetable. You must register for this course in good time; see the timetable. It starts on 11 September.
  - The swimming refresher course will be held in period 2 (from 16 November 2026) and, if there is sufficient interest, in period 3 (from 8 February 2027). Registration for this

course is also required (from 12 November for the course starting on 16 November; see the timetable).

- We are currently looking into whether an extra hour can be reserved at the swimming pool for SPR members. We will let you know as soon as we have more information

SPR timetable from 31 August 2026 to 31 December 2026 inclusive			
Time	**Activity**	**Comments/registration**	**Location**
Monday			
07.35 – 08.30	Swimming refresher course (10-week course) **Please note: course in period 2, starting on 16 November 2026.**	**Course registration is compulsory** **(from 12 November 2026)** Swimming certificates A and B are required. If you did not obtain these certificates in the Netherlands, the instructor will assess whether you have sufficient swimming skills to take part.	WAS [1] - Swimming pool
09.30 – 10.30	BOMmen (Exercising to music)	Retirees	SC [2] - Struikhall
17.15 – 18.15	Ice skating	Register with the skating section **KRAS**	Summer training (outdoors at WAS) From 12 October at the Kardinge ice rink [3]
19.00 – 20.00	Kickboxing **Please note: the time has changed compared with previous years**	**Registration is compulsary** There's still space for new participants!	Van der Hoopstraat 4 9716 JM, Groningen
Tuesday			
12.00 – 13.00	Football	New players are welcome! Please contact: **jankleinedeters56@gmail.com**	SC – Footballfield 2 (half field)
12.00 – 13.00	Pilates	**Registration is compulsary**	SC - Room 1
17.00 – 18.00	Karate	There's still space for new participants!	SC – Room 2
17.00 – 18.30	Badminton		SC - Struikhall
18.00 – 23.00	Tennis	Register with the **Tennis section**	SC – Tennis courts
Wednesday			
12.00 – 13.00	Football		SC – Footballfield 2 (half field)
12.15 – 13.15	Yoga	**Registration is compulsary**	AMD [4], Visserstraat 49
17.00 – 18.00	Spinning (10-week course)	**Course registration is compulsory** **(from 12 November 2026)**	SC – Spinning room

[1] WAS=Willem-Alexander Sports Centre, Zernikeplein 17, 9747 AS Groningen
[2] SC=Sports Centre, Blauwborgje 16, 9742 AC Groningen
[3] Kardinge=Ice rink Kardinge, Kardingerplein 1, 9735 AA Groningen
[4] AMD, Visserstraat 49, 9712 CT Groningen

	Please note: course in period 2, starting on 18 November 2026		
Thursday			
09.30 – 10.30	Circuit training	Retirees	SC - Room 1
12.00 – 13.00	Tennis	Register with the **Tennis section**	SC – Tennis courts
12.00 – 13.00	Bootcamp **Please note: from 10 September 2026**	**Registration is compulsary**	SC – Meet at the front SC
12.15 – 13.30	Running training		SC – Meet at the front SC
16.00 – 17.00	Padel course for beginners (10-week course **Please note: from 10 September 2026**	**Course registration is compulsory (from 3 September 2026)** **Please note: you may enrol in this course once**	SC – Padel courts From 19 November location: The Padellers [5]
17.00 – 18.00	Padel cursus for advanced players (10-week course). **Please note: from 10 September 2026**	**Course registration is compulsory (from 3 September 2026)** **Please note: you may enrol in this course once**	SC – Padel courts From 19 nNvember location: The Padellers [6]
17.00 – 18.30	Ice skating	Register with the skating section **KRAS**	Summer training (outdoors at WAS) From 12 October at the Kardinge ice rink [6]
Friday			
12.00 – 13.00	Pilates	**Registration is compulsary**	SC – Room 2
12.30 – 13.30	Indoor football		SC – HG-hall
13.00 – 14.00	Yoga	**Registration is compulsary**	SC – Room 1
16.00 – 17.00	Circuit training	**Registration is compulsary**	SC – Room 4
17.00 – 18.30	Climbing	**Registration is compulsary** You must hold a climbing certificate to take part	SC – Climbing wall
21.45 – 22.30	Swimming course (10-week course) – certificate **Please note: form 11 September 2026**	**Course registration is compulsory (from 3 September 2026)**	WAS [1] – Swimming pool
Saturday			
10.00 – 11.00	Karate	There's still space for new participants!	SC – Room 2
10.00 – 13.00	Tennis	Register with the **Tennis section**	SC – Tennis courts
Other sports			
	Fishing	For more information, see **HCU** (Hengel Club Universiteit)	
To be confirmed			
Day and time to be confirmed	Ski preparation 10-week course)	**Course registration is compulsory (from 12 November 2026)**	SC – Room 4

[5] The Padellers, Ulgersmaweg 12, 9731 BS Groningen
[6] Kardinge=IJsbanen Kardinge, Kardingerplein 1, 9735 AA Groningen

	Please note: course in period 2, starting on 18 November 2026		
	Goff (course)	Still to be confirmed whether this will be possible this sporting year (instructor and course availability)	
	Pickleball	Still to be confirmed	
Sports activitites ACLO			
SPR members can also take part in the sports activities organised by ACLO. For more information, see: **https://aclosport.nl/en/roosters/** and **https://aclosport.rug.nl/pages/login** SPR members can enrol on courses offered by ACLO via the so-called 'late enrolment' process, provided there are still places available. See: Late registration for ACLO courses. ACLO courses run for 5 weeks; for course dates and late enrolment dates, see: **https://aclosport.nl/en/roosters/**			
Fitness			
SPR members can use the fitness facilities, as available at each locations.			

Sports Centre opening hours from 31 August 2026:

- Monday to Friday: 07.30 am – 11.00 pm
- Saturday: 09.00 am – 10.00 pm
- Sunday: 10.00 am – 21.00 pm

The other locations:

- ACLO City, Bloemstraat 36, 9712 LE Groningen.
  Opening hours depend on the group classes held at this location (see the ACLO timetable).
- Willem-Alexander Sports Centre (swimming pool), Zernikeplein 17, 9747 AS Groningen.
  Access is restricted to scheduled activities only, as per the timetable.
  Saturday and Sunday: access is restricted to scheduled activities only, as per the timetable
- AMD, Visserstraat 49, 9712 CT Groningen.
- The Balans location (Blauwborgje 8) will no longer be in use from 31 August. The classes have been moved to the Sports Centre.

House Rules

The Sports Centre house rules are published on the SPR website at
https://www.sprsport.nl/huisregels.html
The house rules for the fitness areas and climbing wall will follow shortly.

Extra General Members Meetings

The draft minutes of the General Members Meetings, held on 24 June and 1 July, have been published on the SPR website; see **https://www.sprsport.nl/notulen-alv.html**
The articles of association, which were approved at the General Members Meeting, are now with the solicitor for finalisation. As soon as this is complete, the articles of association will be published on the website alongside the new internal regulations.