



European Commission

#BEACTIVE

EUROPEAN WEEK OF SPORT 23 - 30 September





The EWoS Events in the ACES awarded Cities



EUROPEAN WEEK OF SPORT 23 - 30 September



Glasgow/Scotland European Capital of Sport 2003 & 2023



04/09 - 09/10

College Programme (Mondays) 480 Prospecthill Rd.

Provides a blended approach to learning through a combination of College and industry-based work and learning.

10/09

West Districts - 25m

Tollcross

Competition for West District area representing 50 clubs

10/09

Super Vets Tournament for over 50s

Toryglen Football Centre

12/09 - 10/10

Girls Secondary League (Every 2nd Tuesday)

Toryglen Football Centre

Citywide league for S1-S4 girls to partiicpate in against other schools.

16/09

Scottish Disability Jubilee Gala

Tollcross







European Capital of Sport 2003 & 2023

17/00		00/10	
17/09	Toryglen Football Centre	09/10	Toryglen Football Centre
Women's Walking Foot Cup Walking football tournament for Women	ball Glasgow		SPAR Futures Cup Walking football tournament for Women
22/09 & 25/09	Scotstoun Sports Centre	14/10	Emirates Arena
Player Developme A full day activity to have a taste of what its Activities include football fitness, dominatir sided games and player development repor	• like to train as a professional footballer. Ig in your 1v1, tactical development, small		European City Athletics Challenge Walking football tournament for Women
22/09 & 25/09	Glasgow Club Scotstoun	21/10	Toryglen Football Centre
Player Developmen A full day activity to have a taste of what its Activities include football fitness, dominatir sided games and player development report 26/09 Wellbeing Event	• like to train as a professional footballer. Ig in your 1v1, tactical development, small		Parkinson's Walking Football Event Walking football tournament for Women
An event aimed at adults aged 50+ to find ou their local community 30/09	ut more about services and activities in Scotstoun Stadium	2 Martin	
Warriors V Zebre Pre season friendly		11 m	
09/10	Emirates Arena		
Scottish Badminto	n Open 2023		

Open badminton competition for elite players



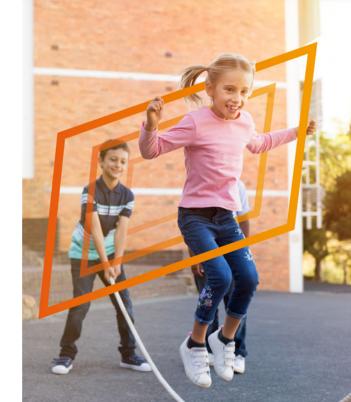




23 - 30 September



Portimão/Portugal European City of Sport 2019



31/08

Alvor Judo Camp

Traineeship of Judo for around 50 athletes with the best coaches in Portugal and Spain and also with one or two national best athletes in Portugal

02/09

IV Algarve Cup in Cadetes & Juniores in Cycling Mexilhoeira Grande

Algarve competition for cycling clubs in rural streets of Mexilhoeira Grande town

02/09

Algarve Sea Canoeing Championship

Algarve competition of sea canoeing for all categories



09/09

Handball Season Opening Session

Portimão

Opening session of Algarve Handball Association for 23-24 season, for trainers, clubs and managers

10/09

Portimão Bike Race -Grand Fondo & Medio Fondo Portimão

Algarve competition of BTT for all categories



EVENTS SCHEDULE Portimão/Portugal

Alvor





European City of Sport 2019

Algarve Canoeing Session - Firt Steps

Sport for all activity for those who are in the initiation for the modality of canoeing

16/09

10/09

Mexilhoeira Grande

Popular Rolling Home Made Cars Races

Popular initiative race with around 100 rolling home made cars

17/09

Mexilhoeira Grande

Portimão Bike Race - Marathon & 1/2 Marathon

Algarve competition of BTT for all categories



23/09	Portimão	29/09	Mexilhoeira Grande
X António Moura Sailing T Popular sailing trophy in memory of a very impo		FIM Superbi	ke World Championship World championship of motocycles
23/09	Portimão	30/09	Alvor
V António Pereira Fishing Competition Popular fishing contest in memory of a very importan man to Portimão Nautic Club			IV Aquathlon O2 Regional triathlon for begginers
30/09	Portimão	01/10	Portimão

Algarve Sailing Championship

Regional initiative for sailing cruize boats between Portimão & Lagos & Portimão

Portuguese League Against Cancer March Run

Regional initiative for raisinf funds to help and attend patients needs



EUROPEAN WEEK OF SPORT 23 - 30 September

Velky Saris/Slovakia European City of Sport 2021

02/09

Sport for everyone

Velky Saris

Sport for everyone, with no limitation on age: soccer young teams from UA, PL, HU, SK, tenis, petanque - seniors, darts, beachvolley, bike trip - families, skittles national team,

02/09

Kids Sports Tournament

Comune centre roma kid sports tournament - inclusion



Archery Tournament

Archery tournament on Medieval Castle Saris

Velky Saris

Velky Saris





17/09

Archery tournament

Velky Saris

Archery tournament on Medival Castle Saris as a part of the close up Summer tourist season in city of Velky Saris

20/09

Kids in Motion

Velky Saris

Kids in motion - Elementary school of Velky Saris - run, soccer,teq ball matches

24/09 Beach Volley

Open Ceremony of new playgrounds for Beach Volley and Petanqueincluding games **Velky Saris**





EUROPEAN WEEK OF SPORT 23 - 30 September



Rakvere/Estonia European Town of Sport 2022



24/07 - 24/09

Rohuaia Kindergarten Sports Day for Older Groups

Rakvere linn

Children's Sports Day

01/09 - 03/09

New Generation Mini Cup

International Basketball Tournament U12-U15

01/09 - 31/09

Get Your Motor Running

Step Counting Campaign for Rohuaia Kindergarten Staff

Rakvere linn

Spordikeskus

01/09 - 15/10

Rohuaia Kindergarten Bike Morning

Groups have the opportunity to ride bicycles and learn to cope with traffic before other children come outside.

<mark>03/09</mark> Sporting Sundays

Spordikeskus

Rakvere linn

Pre-school Kids' Sporty Sundays, Weekly

06/09 Sports Day

Students' Sports Day









European Town of Sport 2022

07/09		17/09	Rahu hall
LV 1-5. Athletics Championship Classes	os for	Voll	eyball Cup Qualification
Participating both large and small schools.			Class A Qualification Tournament
12/09	Rakvere linn	20/09	
City Orienteering City Rogaine for State Gymnasium Students		EKSL pend	ulum and cross-country relay
15/09	Spordikeskus	22/09	
Viru Cup		Viruma	a Schools' Charity Relay
Basketball Tournament, Esiliiga Teams			
17/09	Rakvere linn	22/09	Spordikeskus
Rohuaia Kindergarten Sports I			Spordikeskus Basketball Tournament
Rohuaia Kindergarten Sports I Younger Groups			Basketball Tournament
Rohuaia Kindergarten Sports I Younger Groups			Basketball Tournament
Rohuaia Kindergarten Sports I Younger Groups Children's Sports Day 17/09 Rohuaia Kindergarten Sports I	Day for Rakvere linn	Haljala NGU 22/09	Basketball Tournament
Rohuaia Kindergarten Sports I Younger Groups Children's Sports Day	Day for Rakvere linn	Haljala NGU 22/09	Basketball Tournament Local Basketball Tournament Rahu hall
Rohuaia Kindergarten Sports I Sports Day 17/09 Rohuaia Kindergarten Sports I Younger Groups Children's Sports Day	Day for Rakvere linn	Haljala NGU 22/09 Esiliiga	Basketball Tournament Local Basketball Tournament Rahu hall Volleyball Tournament
Rohuaia Kindergarten Sports I Younger Groups Children's Sports Day 17/09 Rohuaia Kindergarten Sports I Younger Groups	Day for Rakvere linn	Haljala NGU 22/09	Basketball Tournament Local Basketball Tournament Rahu hall Volleyball Tournament
Rohuaia Kindergarten Sports I Sports Day 17/09 Rohuaia Kindergarten Sports I Younger Groups Children's Sports Day	Day for Rakvere linn Day for	Haljala NGU 22/09 Esiliiga	Basketball Tournament Local Basketball Tournament Rahu hall Volleyball Tournament Rakvere Representative Team Participation
Achidarea Kindergarten Sports P Dildren's Sports Day 17/09 Achidarea Kindergarten Sports P Douger Groups Children's Sports Day	Day for Rakvere linn Day for	Haljala NGU 22/09 Esiliiga 23/09	Basketball Tournament Local Basketball Tournament Rahu hall Volleyball Tournament Rakvere Representative Team Participation







European Town of Sport 2022

23/09		28/09	Palama
Rakvere Real School Charity Kilometers Students, Teachers, and Parents Orienteering	Rakvere Reaalkool	20/09	Palermo LV Cross-Country Running Championships
25/09	Rakvere Reaalkool	29/09	Spordikeskus
Rakvere Real School Morning Sessions Versatile Training Through Movement	Exercise		Esiliiga Basketball Home Game Kadrina Bears' First Home Game, Saku Esiliiga
25/09	Rakvere Reaalkool	02/10	Spordikeskus
Rakvere Real School Teachers Exercise Breaks Versatile Training Through Movement	,	Nord	ic Police Volleyball Competition Nordic Police Volleyball Tournament IPA
27/09	Rakvere Reaalkool	22/09	Spordikeskus
Rakvere Real School Sports Da Grades 1-4 Orienteering and Movement Games	ay for		NATO test NATO Physical Fitness Test for State Gymnasium Students
27/09	Rakvere Reaalkool	<i>xx</i> /09	Palermo/Kõrgemägi
Rakvere Real School Sports Da Grades 5-9 Orienteering and Movement Games	ay for		Hiking Day Rakvere Vabaduse School Grades 6-9
27/09	Rakvere linn	xx/09	Kõrgemägi
Rohuaia Kindergarten Family Orienteering QR Code Orienteering			Hill Run Competition Rakvere Vabaduse School Grades 6-9
27/09	Rakvere linn	xx/10	Vabaduse 1/Tallinna 29
Rohuaia Kindergarten Family Orienteering ^{QR Code Orienteering}		Scho	ol Anniversary Tunglajooks Run Rakvere Vabaduse School



EUROPEAN WEEK OF SPORT 23 - 30 September

10/09

WATER FESTIVAL

Family event for the closure of the summer pools. Activities such as aquafitness, ghymkanas, and inflatables.

13/09

BURGER KING WOMEN'S LEAGUE

I Women's League for people with intellectual disabilities.

15/09

ACTIVATE AND DONATE 3C

Sports-solidarity days with different activities where you can participate in exchange for essential material.

16/09

I JAVIER VARONA MEMORIAL

Basketball Tournament in memory of the Tricantino player Javier Varona.

23/09

NIGHT RACE

Popular 8 km race that runs through the town center and Central Park.

29/09

SPORTS GALA

Recognition of entities, clubs, sports associations, and individual athletes for their achievements during the 22-23 season.



Tres Cantos/Spain European City of Sport 2023

30/09

7 STARS TOURNAMENT

Alevin category 7-a-side soccer tournament.

01/10

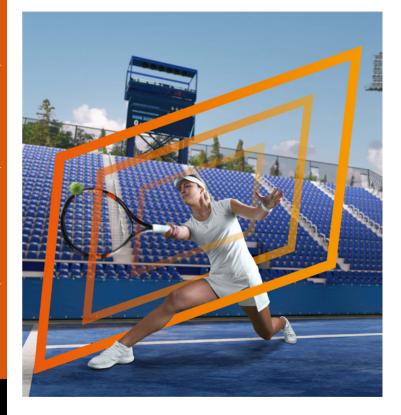
TRES CANTOS CYCLOCROSS

Cross Country Bike Race.



BIKE FESTIVAL

Family activity with a non-competitive 5 km circuit.





EUROPEAN WEEK OF SPORT 23 - 30 September



Festival Basketball Tournament Fernando Martin Sports Hall

Basketball game that take place at Fernando Martín Sports Hall. Club Baloncesto Fuenlabrada meets Club Baloncesto Clavijo in the first season game playing in front of their supporters

09/09

Festival Table Tennis Tournament El Trigal Sports Center

Spectacular and fun table tennis tournement at El Trigal Sports Hall organized by Tenis de Mesa Fuenlabrada Team and the City Council.

16/09

Fuenlabrada City Festival Chess Tournament

El Arroyo Sports Center

Chess Tournement, which will take place at El Arroyo Sports Hall. The competition system will be "Suizo" with 6 rounds.

16/09

Fuenlabrada Festival Paddle Tournament

Altafit Gym

This two-day paddle tournament is organized in four categories: absolute men A and B, absolute women A and B. Currently, paddle tennis is one of the most expanding sports in the world. Club de Pádel Fuenlabrada organize the tournament with Fuenlabrada City Council



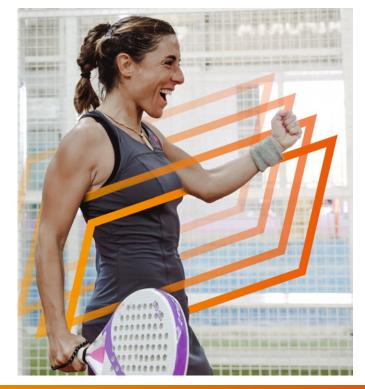
XLII Open Tennis Trophy El Trigal Sports Center

Organized by the Fuenlabrada City Council with the collaboration of Club de Tenis Fuenlabrada. Tournament aimed at federated players belonging from the youngest to the older categories.



Fuenlabrada/Spain

European City of Sport 2019



24/09

XXII Bicycle Festival

Fuenlabrada Town Hall

The Bicycle Festival in Fuenlabrada has been consolidated as one of the greatest events, not only as sport event, but also vindictive in favour of a change in social ways to facilitate active life. This festival promotes the use of bycycles as a mobility system and the construction of bike lanes in the the cities. The cyclists will run 8 kilometres through various streets of our city ending in the Plaza de la Constitución. The city's cycling clubs collaborate in the organization and bringing their experience and knowledge during the development of the event



"Discovering Talents" Para-Karate Gathering Ignacio Echeverría Sports Center

Trainning camp organized by the Spanish Karate Federation with de aim of identifing new para-karate talents in order to represent Spain in international championships. Fuenlabrada is home of great parakarate athletes



EUROPEAN WEEK OF SPORT 23 - 30 September



Sant Julià de Lòria/Andorra European City of Sport 2023



23/09 - 30/09

Free Activities at LAUESPORT

You can check them out at www.lauesport.ad

28/09

Popular Bike Ride Starting point in front of the Administrative Building of the

Santa Julià de Lòria > Coll de Jou

05/10

Commune

Inclusive Zumba Move for Your Health Campaign

At the Germandat Square

07/10

Inclusive Popular March

Move for Your Health Campaign

Urban Area of Sant Julià de Lòria

<u>12/10</u>

Conference "6,815 km to the North Cape" by Andrea Sinfreu

Sergi Mas Room (Town Hall)





EUROPEAN WEEK OF SPORT 23 - 30 September EVENTS SCHEDULE

F



Region of Malta The European Sports Region 2023

The Eastern





SPECIAL OLYMPICS SPORTS DAY

REĠJUN LVANTMALTA

REĠJUN EWROPEW TAL-

Saurday 23rd September

9:00am till Noon Gharghur Football Ground







EUROPEAN WEEK OF SPORT 23 - 30 September

European City of Sport 2023

01/09

X Gala do Andebol

Sá de Miranda Theatre

01/09

Sport Gala Andebol

Abertura oficial da época Kyokushinkai

Vila Mou

Demonstration of martial arts modality

01/09

Taça Portugal Escolas de Vela

National Competition in sailing



Viana do Castelo

02/09

Convívio do NAFDVC

Meeting and conference of federated referees

02/09

Viana Beer Runners

National Race with the brand of Portuguese brewers

02/09 VII Torneio de Bridge

Bridge competition



City Park

Viana do Castelo

Viana Taurino Clube Noble Hall





EVENTS SCHEDULE Viana do Castelo/Portugal





European City of Sport 2023

02/09	North Beach	06/09	Monte da Padela
Caminhada - Walk With a Doc			Xtrem Monte da Padela
Walk with health professionals to discuss topics in the area	a	Xtream competition	n in the beautiful mountains of Viana do Castelo
02/09	Cultural Center	09/09	José Natário Sports Hall
Supertaça Ibérica Masculina An Iberian handball competition	ndebol	V Torneio de	Futsal Feminino - Cidade de Viana do Castelo National women's futsal competition
02/09	Atlântico Sports Hall	09/09	Cultural Center
XXVII Clinic Internacional Treir Judo Judo coaches meeting and competition	nadores		ato Nacional de Clubes & sters Series Matraquilhos
Sudo coaches meeting and competition			ompetition that brought many fans of the sport
02/09 José	Natário Sports Hall	10/09	Av. Campo do Castelo
Torneio de Basquetebol - Cidac Viana do Castelo Basketball competition	le de	32° Grande	e Prémio de Ciclismo JN - Etapa Final
		10/00	Great cycling competition in Minho - final stage
03/09	North Beach	10/09	Afife
ll Concurso de Pesca de Mar			Caminhada Solidária
Recognized Sea Fishing Competition		Solidarity walk inv	olving the entire community to support a cause
03/09 Gil Ear	nes Ship Auditorium	15/09	Centro Congressos Auditorium
Tertúlia Treinadores Basquete Basketball coaches meeting and conference	bol		Formação "Planeamento de Eventos Desportivos" Training to empower sports clubs and agents
04/09	Viana do Castelo	16/09	Viana do Castelo
EurovisionSports		V Estágio	o Nacional de Arbitragem
Meeting and competition for journalists from all over the w	vorld organized in	Training aimed at referees at na	ational level, in order to acquire new knowledge

partnership with RTP







European City of Sport 2023

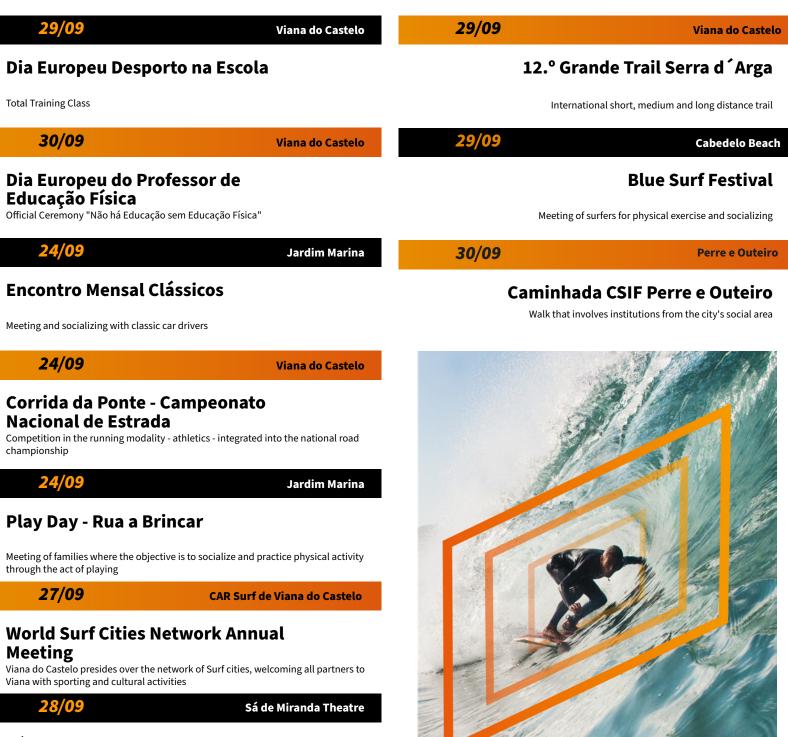
16/09 Jardim da Marina	23/09 Cultural Center
Affiliate Super Cup Cross fit competition in the city gardens	Taça Ibérica Feminina - Voleibol Iberian women's volleyball competition, a sport much appreciated by the locals
	22/00
16/09 Campo dos Monções - Torre	23/09 Viana do Castelo
Torneio de Veteranos	Semana Europeia do Desporto
Veterans competition, involving the parishes of the municipality	Open Ceremony Week of various proposals for practicing physical activity. #BeActive!
16/09 Monserrate School Sports Hall	23/09 Jardim da Marina
Torneio Bate Forte - Voleibol Volleyball tournament in a partnership with a school in the city	BeActive Day Sports in the community: table tennis, volleyball, badminton, table football and teqball for everyone. Parachute jumping demonstration and night run with
16/09 Monte Santa Luzia	flashlights 24/09 Nautic Center and Praça da República
Rampa de St.ª Luzia	Desporto Náutico e Desporto Outdoor
Rally car competition and demonstration on the beautiful Santa Luzia hill	Rowing and sailing experiences and bicycle scavenger hunt
17/09 Darque	25/09 Viana do Castelo
Festejar em Movimento Celebration of the Health Center's anniversary with various sporting activities with the aim of promoting healthy lifestyles	Desporto no trabalho - desporto urbano Group classes for municipality employees and the entire community
21/09 Gil Eanes Ship Auditorium	26/09 Viana do Castelo
Seminário Internacional Aquality - Atividades Aquáticas Underwater Activities Seminar that aims to bring new areas to Viana	Desporto Inclusivo e prémio Desporto+Acessivel Adapted volleyball and bocce activities
23/09 Carreço	27/09 Atlantic Pool
PR 7 - Trilho do Forte de Paçô	Desporto Sénior Desporto em casa

Walk on one of the immense trails in Viana, promoting outdoor physical exercise





European City of Sport 2023



Fórum Nacional do Desporto para Todos

National meeting and conference. Sport for all

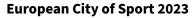
EUROPEAN WEEK OF SPORT

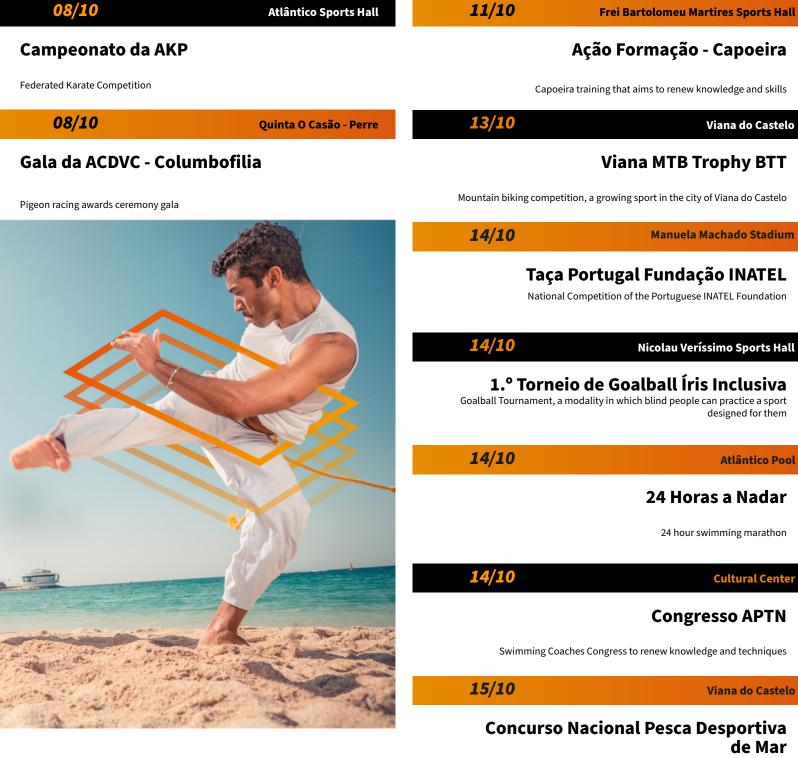
23 - 30 September

<image/>	<section-header><section-header><section-header><section-header><text><text></text></text></section-header></section-header></section-header></section-header>
30/09 Cultural Center	02/10 Viana do Castelo
L Étape Portugal - Tour de France International cycling event with the seal of LÉtape du Tour by Le Tour de France	VII Olimpics4All International meeting of delegations practicing senior sports
01/10 Castelo do Neiva	05/10 David Freitas Sports Hall - Afife
30.ª Prova do Triângulo	Supertaça de Andebol em Cadeira de Rodas
Athletics competition involving parishes in the municipality	ROUAS Adapted handball competition that aims to promote inclusive sport
01/10 Atlântico Pool	07/10 Municipal Library
Nadar em Família	Caminhada - Walk With a Doc
Family gathering in one of the municipal swimming pools for physical activity	Walk with health professionals to discuss topics in the area
01/10 David Freitas Sports Hall - Afife	07/10 North Beach
Meira CUP - Torneio Triangular de	Neon Run Tour 2023
Pré-época Pre-season competition promoted by an association from Viana do Castelo	Colorful race in the city of Viana do Castelo
01/10 Vila Franca	07/10 Vila Franca
Concentração de Motos Clássicas	Aniversário de Motoclube Foz do Lima
Meeting and socializing with classic motorbike drivers	Anniversary of one of Viana's sports clubs with a sports and cultural program









National sea sport fishing competition

EUROPEAN WEEK OF SPORT 23 - 30 September



EUROPEAN WEEK OF SPORT 23 - 30 September



Besozzo/Italy

European Community of Sport 2011

06/09 - 11/10

Running Groups

Run together every Wednesday evening from 7:30 PM to 9 PM

09/09

Campo adiacente Palestra

Strade Comunali

Danza 360 Gym

Openday - Volleyball & Soccer

Presentation of activities with short workouts and matches

10/09

Breakdance

Breakdance trials with Danza 360

10/09

Mini MTB

MTB sports competition for children and youngsters aged 6 to 13, organized by the Cross Country Association of the Parks of Mornago

10/09

Open Day Stadium FIT StadiumFit Center gym open with free trials and

demonstrations

09/09

Open Day APG Besozzo Free trials and demonstrations

Besozzo Sport Active

Middle School Gym

Municipal Park

10/09 - 25/09

Calisthenics

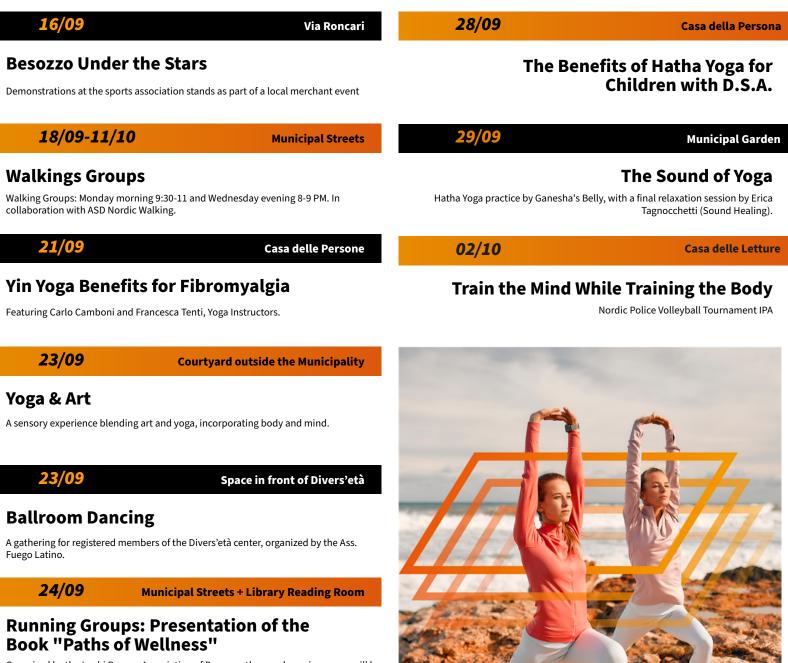
Calisthenics trials every Monday from 6 PM to 7 PM



Cioss Park



European Community of Sport 2011



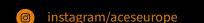
Organized by the Laghi Runner Association of Besozzo, the usual running group will be held. Following the run, the book "Paths of Well-Being" by Gigi Bellaria and Massimo Fidanza will be presented in the Library Reading Room

01/10-15/10

Vasconi Gym

Autumn Yoga Revival

A combination of Yoga and detoxification in preparation for the change of season. Detox breathing practices





EUROPEAN WEEK OF SPORT 23 - 30 September

23/09

Epicfit+ Parc Fluvial

Circuit of medium-high intensity session is carried out that combines cardiovascular and strength exercises, taking advantage of the characteristics of the environment.

23/09

Zumba Parc Fluvial

It is an activity that uses and combines in a fun and dynamic way elements of different disciplines of Latin rhythms with the aim of achieving an improvement in aerobic endurance, the toning of legs, glutes and arms, as well as balance and control postural through global movements with musical support.

Aquatono

CE La Vila

Physical activity that is carried out to the recreational pool with musical support, in which strength and muscular resistance exercises will be carried out, profiting water resistance to improve basic physical qualities.



Caminades Urbanes i Saludables

Complex esportiu Torrent de Llops

We will walk the recent itinerary $n^{\circ}8$ of healthy routes. An easy route suitable for everyone that runs through the neighborhoods of Torrent de Llops, La Sínia and Can Cases.



Bosc Vertical

Parc Forestal Can Cases

Circuit between trees where participants can perform different tests of skill, strength and balance.



Martorell/Spain European City of Sport 2023





TIR AMB ARC

Parc Forestal Can Cases

Throwing with a sports bow at a target located between 5-10 m.

24/09

Calistènia Parc Forestal Can Cases

Masterclass focused on calisthenics exercises: pull-up and muscle-up technique, handstand or vertical technique, push-up exercise technique, front level, back level and tuck level as well as the flag technique. The activity will be carried out by two specialized technicians through three activity groups.

24/09

Orientació Parc Forestal Can Cases

Orientation circuit with a route of approximately 2.5 km that mostly runs along the paths and trails of the Park.



EVENTS SCHEDULE Martorell/Spain



European City of Sport 2023

Parc Fluvial

EpicFit+

Circuit of medium-high intensity session is carried out that combines cardiovascular and strength exercises, taking advantage of the characteristics of the environment.

Parc de la Sínia

Activitat Física per a la Gent Gran al Carrer

Tailored physical activity, incorporating music and equipment, at an appropriate intensity and duration for individuals aged 60 and above, aimed at enhancing health and fostering positive social interactions among older adults

27/09

27/09

27/09

27/09

26/09

26/09

Rakvere Reaalkool

Cardiotono

It is a medium intensity physical activity that combines cardiovascular and toning work with musical support, with the aim of improving aerobic endurance, strength and muscle tone of the whole body.

Parc Fluvial

Activitat Física per a la Gent Gran al Carrer

Tailored physical activity, incorporating music and equipment, at an appropriate intensity and duration for individuals aged 60 and above, aimed at enhancing health and fostering positive social interactions among older adults

GAC

It is a specific physical activity of medium intensity that combines aerobic resistance exercises with muscle toning of the glutes, abdominals and legs with musical support, with the aim of improving the muscle tone of these groups.

Parc de la Sínia

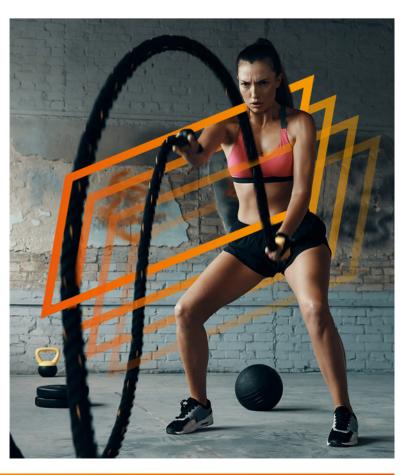
Yoga

"Yoga is an ancient discipline that provides mental calm through relaxation. It is a technique that everyone has access to, regardless of their physical condition. Its practice helps to achieve a psychic, physical and mental balance, as well as an increase in self-knowledge and a higher degree of concentration."

Biblioteca Martorell

Presentació del Llibre "Barça Femení"

Presentation of the book "Barça Femení" by Manuel Tomàs, a story from the origins to the "triplet".





Parc de la Sínia

Circuit Training

It is a medium-high intensity activity through several exercises that are performed continuously and/or with active rest at several workstations to improve muscular and aerobic endurance.

25/09

Parc Fluvial

Activitat Física per a la Gent Gran al Carrer

Tailored physical activity, incorporating music and equipment, at an appropriate intensity and duration for individuals aged 60 and above, aimed at enhancing health and fostering positive social interactions among older adults



Parc Fluvial

Cardiotono

It is a medium intensity physical activity that combines cardiovascular and toning work with musical support, with the aim of improving aerobic endurance, strength and muscle tone of the whole body.

EVENTS SCHEDULE Martorell/Spain

European City of Sport 2023

28/09	Parc Fluvial	01/10	CE La Vila
Activitat Física per a la Gent G Carrer	ran al	Aigua Jo	oc (6 Mesos a 3 Anys)
Tailored physical activity, incorporating music and equip intensity and duration for individuals aged 60 and above, and fostering positive social interactions among older ad	aimed at enhancing health	Activity aimed at the paddling pool for a years. Fun activity in which adults and chi	
28/09	Parc Fluvial	01/10	CE La Vila
Pilates		Ai	gua Joc (4 a 12 Anys)
Versatile Training Through Movement		Activity aimed at the recreational pool for Fun activity in which adults and children	
28/09	Parc Fluvial	01/10	CE La Vila
EpicFit+			Aiguagac
Circuit of medium-high intensity session is carried out the and strength exercises, taking advantage of the character		Aquatic activity in the pool with musical body is worked on and exercises	backing, where the toning of the lower s to improve cardiovascular endurance.

Caminades Urbanes i Saludables

Easy and suitable route for everyone that runs through different streets and squares of our municipality. The route that will be taken will be itinerary 5, starting the walk in the Plaça de les Cultures.

29/09

29/09

EUROPEAN WEEK OF SPORT

23 - 30 September

Complex esportiu Torrent de Llops

Cursa Ineos

The GO Run For Fun Global Buddying program offers schools the participate to complete fun and educational activities together. In addition to the series of events, the GO Run For Fun program also offers elementary schools an exciting educational program with inspiring resources to improve children's health and well-being. It is a run for primary students from Martorell schools.

29/09

Passeig Catalunya

Plaça de les Cultures

Ciclo Outdoor

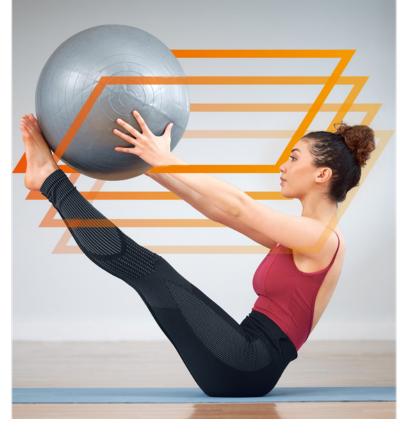
Outdoor cycling activity that is performed to the rhythm of music with the aim of improving aerobic endurance and muscle tone of the lower body.



CE La Vila

Aiguacros

Medium-high intensity session in the paddling pool in which a circuit is carried out that combines cardiovascular and strength exercises, taking advantage of the characteristics of the water.





EUROPEAN WEEK OF SPORT 23 - 30 September

16/09

European Mobility Week 1st Day

The 'Father-Child Autumn Camp' programme.

17/09

European Mobility Week 2nd Day

A "Nature Walk" was organised in İnönü Ercova Track(8-10km) with

17/09

People's Bicycle Tour

'People's Bicycle Tour'' with wide participation was organised in our city

18/09

European Mobility Week 3rd Day

Traditional Turkish Archery Sakarya Indoor Provincial Championship", between

19/09

European Mobility Week 4th Day

"Bicycle Tour" was organised, starting from the front of Sakarya Metropolitan Municipality with bicycles and ending at the ''Turkish War Veterans Association" "Turkish War Veterans Association"

20/09

European Mobility Week 5th Day

A morning sports and exercise programme for senior citizens was held in Aziz Duran Park



Sakarya/Turkey **European City of Sport 2023**

21/09

European Mobility Week 6th Day

"Sports Festival". Chess and Table Tennis Tournament, Bicycle Simulation Training and Bicycle Simulation Races, Sports Climbing. Zipline etc.

21/09

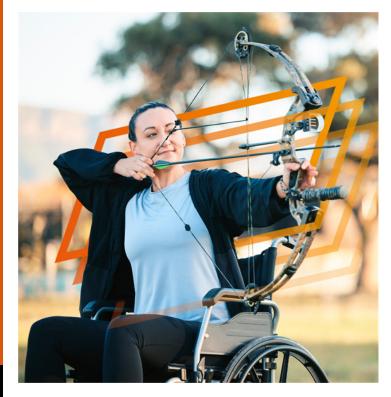
Living Street

"Living Street" Project for more livable streets.

2/09

European Mobility Week 7th Day

"World Car Free City Day", the public transport vehicles of the Municipality was free of charge for our citizens throughout the day.



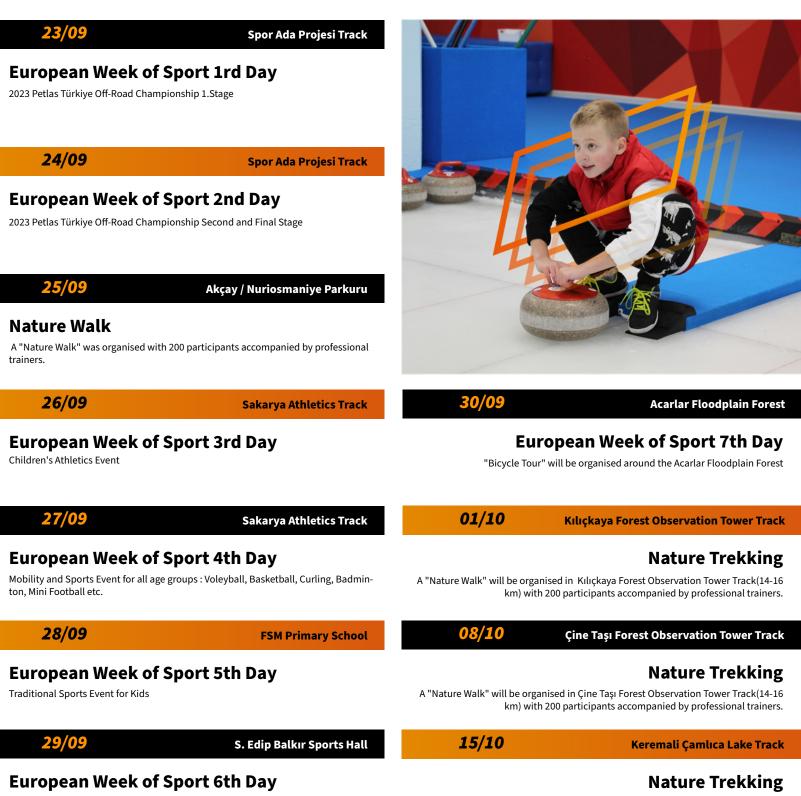




Sakarya/Turkey

EVENTS SCHEDULE

European City of Sport 2023



Voleyball Tournament for Adult Men



EUROPEAN WEEK OF SPORT 23 - 30 September



European Community of Sport 2025

01/09 - 30/09

Strade Comunali

Free Callanetics Classes

Throughout September, evening trial classes are available to discover Callanetics, a fusion of yoga and dance for a sculpted and healthy body.

03/09

Campo adiacente Palestra

The Art of Moving: Alpe Cimbra Bike & Accessibility

An "Alpe Cimbra 4 All" event. Try out super-light Klaxsone wheelchairs and experience Handbike

02/09 -03/09

Danza 360 Gym

Triathlon Cross & Sprint

750m Swimming, 16 km Mountain Biking in the Forest, Running.

20/09 - 23/09

Cioss Park

MTB-O World Master Series & MTBO World Cup

150 athletes from around the world for the MTBO World Master Series, and more than 500 participants for the 3rd Round World Cup MTB-O



09/09 - 10/09

Two-Day Folgaria Trial

Fondo Grande

The 12th edition of the Two-Day Trial (a scenic 30km loop with various challenges) with an international gathering of historic and modern Trial Motorcycles.

14/10 -015/10

ARGE ALP

Alpe Cimbra

800 participating athletes from the member regions of Arge Alp (Italy / Austria / Germany / Switzerland) will compete on the trails of Alpe Cimbra.

03/10 - 15/10

Free Fitness Courses: Trial Classes

Folgaria

Free trial classes of Zumba, Gag, Aerobics, and Total Body are available in the evening and during the lunch break.





Comunità Pontina dello Sport Italy

European Community of Sport 2024



Sports Festival

Local Sports Associations and Clubs come together for an open-to-all Sports Festival!

10/09

Sports Festival

A gathering of motorcyclists and a dance school exhibition.



Sports Festival

A Sports Festival featuring local Sports Associations, offering a chance to explore various sports disciplines.

17/09

Sports Festival

A Sports Festival with local Sports Associations as part of the



Sports Festival

A Sports Festival featuring local Sports Associations, within the context of SportCity Day, offering a chance to explore various sports disciplines.

EVENTS SCHEDULE



EUROPEAN WEEK OF SPORT 23 - 30 September

23/09

Sports Festival

A Sports Festival with local Sports Associations, providing opportunities to discover numerous sports disciplines.

24/09

Sports Festival

A Sports Festival with local Sports Associations, offering a chance to explore various sports disciplines.

30/09

Sports Festival

A Sports Festival featuring local Sports Associations, providing opportunities to discover numerous sports disciplines.

15/09

Sports Walk

A sports walk along the local roads.

16/09

"Women & Sport" Conference

A conference on the theme of Women & Sport, with the patronage of CONI (Italian National Olympic Committee).

23/09

"Sports Festivals" Press Conference of the Pontina-European Community of Sport 2024

The 8 Municipalities of Pontina - European Community of Sport present to the press.







Posada del Sol

"Why Learn to Swim?"

Open to the general public, seating available until full.

23/09

Pabellón Tomás Navarro Tomás

I Inclusive Indoor Soccer Tournament

From 10:00 hours, at the Tomás Navarro Tomás Pavilion

23/09 -24/09

Pabellon Juan Jose Lozano Jareño

Women's Basketball Tournament: La Roda Future Stars

From 10:00 AM, at the Juan Jose Lozano Jareño Pavilion and Antonio Monsalve Pavilion

```
23/09
```

Piscina Cubierta David Castro Fajardo

Clinic: Water Starts with Alberto Lozano

From 10:00 hours, at the indoor pool David Castro Fajardo.

23/09 - 24/09 Campo de Deportes de La Roda	2	Campo de Deportes de La Roda	23/09 -24/09
---	---	------------------------------	--------------

Soccer: La Roda CFF and La Roda CF

Saturday: 18:00 h. La Roda CFF vs. OL Villarrobledo. Sunday: 18:00 h. La Roda CF vs. Manzanares CF.

23/09 - 24/09 Cancha de Golf Amado Quintanilla

I Golf Tournament: "Champiñones Megias"

Golf tournament organized by the Laguna de los Patos Golf Club.

24/09

La Roda Chess Sports Club.

Chess in the Streets

Starting at 11:00 AM, chess takes to our streets with simultaneous games on Paseo Ramón y Cajal



La Roda /Spain

European Town of Sport 2023

25/09	Tomás Navarro Tomás Pavilion.
25/09	Tomás Navarro Tomás Pavilion.

CPR and First Aid Training

Two sessions at 7:00 PM and 8:00 PM at the Tomás Navarro Tomás Pavilion.

25/09 -26/09

AquaGym

AquaGym and Pilates at La Roda SC

On Monday, the 25th, at 7:00 PM, and on Tuesday, the 26th, at 11:00 AM and 9:00 PM for AquaGym. Pilates at 8:00 PM.

26/09

La Roda Sports Center

Yoga at Esfera



EVENTS SCHEDULE La Roda /Spain



European Town of Sport 2023

12 M	27/09 Guillermo Garcia Lopez Tennis Complex	
	Open House at Tennis Club Starting at 4:00 PM at the Guillermo Garcia Lopez Tennis Comple	
	27/09 ESFERA	
	Construction of the second sec	
	Two sessions at 10:00 AM and 9:00 PM. Advance registration required at Maasai.	
	Zumba at CD. LA RODA Starting at 8:00 PM, a Zumba session at CD. LA RODA (Indoor pool David Castro Fajardo). Advance registration required at the reception.	
26/09	28/09 ESFERA	
Sports Fair om 6:00 PM, enjoy various activities with local sports clubs at the municipal sports field.	Yoga at Esfera Starting at 9:00 AM. Advance registration required at ESFERA.	
26/09 ESFERA	28/09 La Bascula	
Fitbox at Esfera Starting at 9:00 PM at Esfera. Advance registration required.	Fascial Fitness Training with Rosa Cortijo Starting at 8:30 PM at La Bascula.	

27/09 - 28/09

Closing of the "More Active" Project

28/09

Strength Requirements and Injury Prevention in Team Sports. R3LAB.

At 8:30 PM at the R3 LAB clinic, C/ Rey Don Pelayo, 17.





EUROPEAN WEEK OF SPORT 23 - 30 September

30/09

Mixed 4x4 Volleyball Tournament La Roda Volleyball Club

Starting at 9:00 AM at the Tomas Navarro Tomas Pavilion court, with the collaboration of the La Roda Volleyball Club.

23/09

Open House at Esfera Aquatic Center Esfera

Starting at 10:00 AM at the Fonda Oriental. Advance registration required at Esfera.

25/09

Open House at Rhythmic Gymnastics Club Tomás Navarro Tomás Pavilion

Starting at 4:00 PM at the Tomás Navarro Tomás Pavilion.

25/09 - 29/09

Open House at Petanque Club Virgen de los Remedios

Club Virgen de los Remedios

From 5:00 PM, Monday through Friday, come and enjoy petanque.

27/09

Open House at La Roda Tennis Club

Guillermo Garcia Lopez Tennis Complex Starting at 4:00 PM at the Guillermo Garcia Lopez Tennis Complex.

La Roda /Spain European Town of Sport 2023





Intercenter Datchball Tournament

Nuevo Maracañi

Starting at 9:30 AM at the Nuevo Maracañi.

29/09

Master Class Core JC. Personal Training

JC PERSONAL TRAINING Center

Starting at 11:45 AM at the JC PERSONAL TRAINING center. Advance registration required at the center.



Outdoor Pilates

Adolfo Suarez Park Court

Starting at 4:00 PM at the Adolfo Suarez Park court. Advance registration required at ESFERA.



EUROPEAN WEEK OF SPORT 23 - 30 September



La Roda /Spain European Town of Sport 2023

25/09 - 29/09

Open House at Sueño de Jemik Club La Roda Swimming

Club La Roda

From 5:00 PM, Monday through Friday, try out with the best swimmers from La Roda.



CPR and First Aid Training

Tomás Navarro Tomás Pavilion Starting at 7:00 PM at the Tomás Navarro Tomás Pavilion.



Talk on Nutrition and Good Habits with Ángel Moreno

La Roda City Hall Starting at 8:30 AM at La Roda City Hall.



Fitbox Esfera

Starting at 9:00 PM. Advance registration required at Esfera.

27/09

Self-Defense

Esfera

Starting at 8:00 PM. Advance registration required at Esfera.

28/09

Pilates and Mobility

Juan Jose Lozano Jareño Pavilion

Starting at 8:00 AM at the Juan Jose Lozano Jareño Pavilion.



25/09 - 29/09

25/09 - 29/09

Antonio Monsalve Pavilion

Antonio Monsalve Pavilion 9:00 PM to 10:00 PM and 10:00 PM to 11:00 PM.

Tennis Courts

4:00 PM to 10:00 PM. Use of 1.5 hours, 4:00 PM to 5:30 PM - 5:30 PM to 7:00 PM - 7:00 PM to 8:30 PM -8:30 PM to 10:00 PM

25/09 - 29/09

Frontenis Courts

4:00 PM to 10:00 PM. Use of 1.5 hours, 4:00 PM to 5:30 PM - 5:30 PM to 7:00 PM - 7:00 PM to 8:30 PM -8:30 PM to 10:00 PM



EUROPEAN WEEK OF SPORT 23 - 30 September





Schio /Italy

European City of Sport 2023

Via Veneti Track

01/09 - 03/09

Off Road Fest 2023

Motorcycle race and motorcycle parade for the centenary of the organizing association (Moto Club Schio).

02/09

Via Tito Livio

<u>International Intercompany Tennis</u> Tournament

An intercompany tournament involving associates from Austria, Germany, Switzerland, and Italy.

057(09

Skate Park on Viale Ventinove Aprile

Italian Skateboard Championship

Street Discipline, Organized by A.S.D. Lethal Skate Posse

09/09

Municipal Athletics Facility "Giosuè Poli"

Mix and Match

A sports activity project that allows people without disabilities to experience sports with the limitations of a person with disabilities

09 - 24/09

16th Open City of Schio Tournament

The usual international tennis event in Schio

<u>16/09</u>

47th Edition of the **Alpine Marathon**

Via Tito Livio

Via Tito Livio

he GES Gruppo Escursionisti Scledensi organizes the 47th edition of the non-competitive event called the "ALPINE MARATHON

16/09 - 17/09

Veneto Enduro Championship Veneti Track Garage Italia Trophy

Organizer: MOTO CLUB SCHIO A.S.D.



EVENTS SCHEDULE Schio / Italy

European City of Sport 2023

16/09 - 17/09	Via dell'Industria	01/09 - 03/09	Via Tito Livio
50th Anniversary Tournament Famila Basket Schio An international women's basketball quadrangular tourna (internationally acclaimed)			Female Tennis Championship emale tennis championship.
16/09 - 17/09	Via Tito Livio	08/10	Via dell'Industria
5th Itinerant Checkers Memor 1st Supercup A checkers event open to all. Organizer: A.S.D. GD "Giusep	ial and	National R A canine competition for qualification to the	ally Obedience Competition e Italian championship final. Organizer: Dog Angel A.S.D.
		15/10	Schio
23/09	Via dell'Industria	6 Comn	nune Marathon
1st City of Schio Trophy A friendly match between two men's Serie A volleyball tea	ims: ITAS TRENTINO-VALSA	An intermunicipal event starting from the Municipal marathon from Schio to Villaverla via the mu Vicentino, San Vito di L	2
MODENA VOLLEY 24/09 Sch	ool Gym Mario Lanzi		
Schio City Basketball Tournam	nent		
A basketball tournament open to all in various gyms in Sc Concordia Basket	hio. Organizer: A.S.D.		
30/09 - 01/10 Teatro	Civico Città di Schio		
Opening Day 2023/2024 Wome Basketball Introduction of the player rosters of all Serie A women's b day of the league games at Palasport.			

30/09

Palazzo Toaldi on Via Pasubio

Panini Football Trading Cards Exhibition 2023

A showcase of Panini trading cards and the romantic childhood dream in an exhibition dedicated to the 2023 album!



EUROPEAN WEEK OF SPORT 23 - 30 September

16/09

Cernusco sul Naviglio European City of Sport 2020

Sports Festival

Territorial Sports Associations and Societies come together for a Sports Festival open to all!



ITALY-SLOVENIA: European Handball Championship

taly vs. Slovenia, a Handball match valid for the European Championship Qualifications. An international event at the Federal Technical Center FIGH within the context of the European campaign #BeActive.



Terra Dei Due Laghi (VA) Community European Community of Sport 2023

Sports Gala

Recognition of the athletes from the "Two Lakes Community" who have distinguished themselves with outstanding sporting achievements.



Terra Dei Due Laghi (VA) Community European Community of Sport 2024

Sports Festival

Sports demonstrations and open trials for everyone in horseback riding, soccer, martial arts, and volleyball.



Terra Della Lana (BI) Community European Community of Sport 2023

Biellese City of Sports

Sports Associations from Biella and the Terra della Lana Community come together to introduce the various sports disciplines available to citizens.



Gozzano European Municipality of Sports 2020

3rd Edition of Sports Festival

A Sports Festival open to all to celebrate the new sports season.



Italy

Motta di Livenza (TV) European Municipality of Sport 2023

Open Doors to Sports

23/09

Multi-sport activities open to everyone from 5:00 PM to 8:00 PM. At 7:30 PM, awards for the most deserving athletes and teams.

Parma 23/09 - 24/09 European City of Sport 2011

Alè Parma Sport Festival -4th Edition

Sports associations and clubs representing over 30 sports disciplines to discover and rediscover, aimed at introducing both the young and not-so-young to sports!

 19/09 - 24/09
 Pescara

 European City of Sport 2012

WKSO World Karate Championship

he ultimate international WKSO Karate competition; Pescara's Sports Hall hosts this highly anticipated event in an intense 5-day showcase of top-level Karate.

21/09 - 01/10

Pescara European City of Sport 2012

European Master Athletic Championships - EMACS 2023

European Masters Athletics Championships at the Cornacchia Stadium. A significant participation is expected for this biennial event dedicated to Masters

15/09

Venaria Reale (TO) Candidate for European City of Sport 2025

The King's Race

the "Little Prince" race for children up to 12 years old. On Monday, the Half Marathon + 10km and 30km National + 4km competitive and non-competitive races.

16/09

Piedmont Region European Region of Sports 2022

Sports Festival

Local sports associations and clubs are organizing a Sports Festival open to everyone!





Marcon / Italy European Municipality of Sport 2023

16/09

Gym at Manin Building

AreArtistic Open Day

Artistic gymnastics tryout (for ages 5 and up) from 10 AM to 12 PM and parkour tryout (for ages 8 and up) from 3:30 PM to 5:30 PM

30/09

N. Rocco Stadium

Run, Jump, and Throw

Outdoor - On 09/30/2023 from 10 AM to 12 PM

09/10

onte Alto Equestrian Club

2nd Edition "Between Land and Water"

Open Day for equestrian activities for the public, as well as an internal competition for the youth sector and school.

18/09 - 28/09

Centro Gli Astri

Open Yoga Day

Open Day for yoga on two dates: September 18th from 9 AM to 10:30 AM and September 28th from 6:30 PM to 8 PM



03/09

City course

Run Marcon

Non-competitive running event with 6 km, 12 km, and 18 km route options.

11/09 - 22/09

Sports Hall / Anselmi School

Futsal Open Day

For children born from 2014 to 2019, with various dates available $% \mathcal{T}_{\mathrm{r}}$

23 - 30 September

20/09

Middle School Malipiero Gym

Volleyball Experience

Territorial Sports Associations and Societies come together for a Sports Festival open to all!

11/09 - 23/09 Sports Hall at Via dello Sport

Karate, Judo, Archery Open Day

Multi-sport trials thanks to Polisportiva Marcon, from September 11th to 15th and then from September 19th to 23rd, from 5:30 PM to 7:30 PM

10/09

San Liberale Parish Church

San Liberale Bike Ride - Bike Gymkhana

Open spaces near San Liberale Parish Church in Marcon. Non-competitive eco-friendly bike ride open to all on an entirely paved route.

20/09

Piazza Mercato

Bike Skills and Safety

Easy bike skills test along a short paved route where participants will learn basic safety rules. Protective helmets are mandatory. Bicycles and helmets will be provided by the organization (in collaboration with ASD Velodrome Marcon / Time Bike Marcon).

16/09

N. Rocco Municipal Stadium

Sport Open Day

Multisport open day







Novara / Italy

European Town of Sport 2023

Via S. Rocco

Boroli Park Festival

Two sessions at 7:00 PM and 8:00 PM at the Tomás Navarro Tomás Pavilion.

02/09 - 03/09

23/09

Piazza dei Martiri

Memorial Codini Basket

3 vs 3 basketball tournament for both male and female teams - Under 17 and Senior -Novara BasketPilates at 8:00 PM.

23/09 - 24/09

Paladonbosco

Autumn Basketball Tournaments

Friendly season-opening tournaments with youth and senior teams - Novara Basket

12/09 - 22/09

Taekwondo Open Days

Open to the general public, seating available until full.



5-A-Side Soccer Paralympic Tournament

Paralympic soccer tournament organized with ASD Ticinia - ASHD Novara

23/09

Scuderie della Boriola

Bottacchi Gym

Inclusion Open Day

Free pony riding for everyone, guided tour, snack, DJ set. Open to all - ASHD Novara

30/09 - 01/10

T.C. Piazzano

5th Leg of the National Tennis Circuit

ennis tournament for paralympic athletes from FISDIR - ASHD Novara

24/09

Lino Grassi Hockey Rink

Rollerday 2023

Exhibition by sports clubs in hockey and figure skating.



Former Agogna Colony

Juventus Club Open Day

Open day with the Juventus Club Sports Group

10/09 - 16/09

Children's Park

Minibasket Open Day

On the 10th and 16th of September, from 15:00 to 19:00, a promotional MiniBasket event aimed primarily at children aged 4 to 11 - Novara Basket

04/09 - 08/09

A.R.N. Playing Field

Rugby Open Day + Summer Camp

Animation activities with the participation of students from the area - Novara Basket





EUROPEAN WEEK OF SPORT 23 - 30 September



Pirineu Català /Spain

European Community of Sport 2011



Olympic Park of Segre Continuing Education Day at the La Seu d'Urgell Plaça del Call Plaça de les Monges **Urban Orienteering Race - BeActive Night** Plaça de les Monges

Walking / Nordic Walk - BeActive Night

24/09 - 02/10	
Alt Urgell Nordic Walk in Alàs and Cerc	Alt Urgell
29/09 - 01/10	
Salomon Ultra Pirineu 100 km trail	Berguedà
30/09	
Catalan Women's Backgammon League	Ripoll





This agenda is continuously updated, adding events from different cities that are candidates and/or have been awarded by ACES Europe.







European Commission

#BEACTIVE

EUROPEAN WEEK OF SPORT 23 - 30 September

