

Multicultural sports activities for women – Autumn 2017

Autumn season 4 September–17 December (no sessions on 6 December)

	GROUP	TIME	PLACE	ADDRESS	NOTE!
MONDAY	Exercise class*	11:00am–12 noon	Herttoniemi Resident House Ankkuri	HERTTONIEMI, Paasivaarankatu 6	Free of charge
	Zumba	11:45am–12:45pm	Kontula Youth Centre	KONTULA, Ostostie 4	Free of charge Cooperation: Finn-Mamu
	Gym	1:00pm–2:00pm	Kontulan Kuntokellari	KONTULA, Ostostie 4	Free of charge
	Exercise class for seniors	1:00pm–1:45pm	Kontula Service Centre	KONTULA, Kontukuja 5	Free of charge Cooperation: Kontula Service Centre
TUESDAY	Asahi	11:00am–11:50am	Liikuntamylly	MYLLYPURO, Jauhokuja 3	Neighbourhood sports fee €20/season**
	Gym	1:00pm–2:00pm	Jakomäki Swimming Hall	JAKOMÄKI, Somerikkopolku 6	Neighbourhood sports fee €20/season**
	Hydrobics	2:15pm–2:45pm	Jakomäki Swimming Hall	JAKOMÄKI, Somerikkopolku 6	Swimming hall entry fee + €2.50
	Football	5:00pm–6:00pm	Pallomylly	MYLLYPURO, Pikajuoksijankuja 9	Free of charge Cooperation: Monaliiku ry
WEDNESDAY	Zumba	1:00pm–2:00pm	Pasila Youth Centre	PASILA, Pasilanraitio 6	Free of charge
	Exercise class*	2:00pm–3:00pm	Liikuntamylly	MYLLYPURO, Jauhokuja 3	Neighbourhood sports fee €20/season**
	Zumba	4:00pm–5:00pm	Kallahti Youth Centre	VUOSAARI, Pohjavedenkatu 5	Free of charge Cooperation: Sumana ry
	Basketball	7:30pm–9:00pm	Helsinki Vocational College	MALMI, Vilppulantie 14	Neighbourhood sports fee €20/season** Cooperation: YMCA of Helsinki
	Exercise class	5:00pm–6:00pm	ME building/Laakavuori Comprehensive School	MELLUNMÄKI, Jätkäpolku 1	Free of charge Cooperation: Monaliiku ry
THURSDAY	Introductions to different sports once a month	12 noon–1:00pm	Töölö Sports Hall	TÖÖLÖ, Paavo Nurmen Kuja 1	Only on 7 Sep/5 Oct/2 Nov/7 Dec Free of charge
FRIDAY	Exercise class*	10:00am–11:00am	Pukimäki Youth Centre	PUKINMÄKI, Säterintie 2	Free of charge
SUNDAY	Zumba	4:00pm–5:00pm	Kallahti Youth Centre	VUOSAARI, Pohjavedenkatu 5	Free of charge Cooperation: Finn-Mamu

*Sessions marked with an asterisk can be attended with a small child. The parent is responsible for taking care of their child during the session and making sure that they do not disturb other participants.

**A neighbourhood sports pass costing €20 can be purchased from Jakomäki Swimming Hall, Töölö Sports Hall, Liikuntamylly and Pirkkola Swimming Hall. The pass allows you to participate in all neighbourhood sports activities. Neighbourhood sports activities are organised in Maunula, Jakomäki-Tapulikaupunki, Myllypuro and Pihlajamäki. All the activities are listed at www.hel.fi/lahioliikunta (in Finnish)

No advance registration required, you can join a group even in the middle of the season. Participants are not insured.

For more information, please contact: senior sports instructor +358 (0)40 705 9767

Changes are possible, for more information, please visit

www.hel.fi/maali (in Finnish)

Women's swimming session and lessons

A swimming session reserved only for women is held on Tuesdays at Jakomäki Swimming Hall from 2:00pm to 8:00pm. Entry times to the swimming hall are at 2pm, 4pm and 6pm. Swimming session duration 1.5 hrs. A swimming instructor holds swimming lessons that you can join with just the entrance fee from 4:15pm to 5:00pm, no advance registration required. Boys under the age of 5 can join the session when accompanied by an adult. The child's guardian is responsible for the child for the duration of the swimming hall visit.

Women's swimming school BASICS

Beginners' swimming school for women 24 October–12 December Tuesdays 5:30pm–6:15pm. Course fee €78. This course is intended for women who cannot swim. Register online at asiointi.hel.fi

Sports guidance for immigrants at Myllypuro Health Station

Would you like to be more active, but don't know where to start? You can book an appointment for personal sports guidance with a sports instructor, who will prepare a three-month activation plan for you. The sports guidance includes two meetings. The service is available in Finnish and English. Appointment booking and further information: +358 (0)40 705 9767

Sports info visits for immigrant groups

Sports instructors conduct one-off visits to immigrant groups and events. During these visits, the instructor shares information about the effects of sports, gives recommendations and tells attendees about the exercise opportunities available in Helsinki. The visits can also include a guided exercise session. If you wish to arrange a sports info visit for your group, please call +358 (0)40-705 9767

Additional information:

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