

SPORT SERVICES OF HELSINKI SCHOOL OF ECONOMICS, Spring term 2007

The HSE Sport services are available for faculty, staff and students of all Universities in Helsinki area. Sports activities take place at the premises of HSE and are free of charge unless otherwise notified. Faculty, staff and students of HSE are also entitled to use the sport facilities and services offered by the University of Helsinki and Helsinki University of Technology. The University Sport Services fee for one semester is **32.00€** and **58.00€** for the whole academic year. **One visit 5.50€**. **Extra fees are applied for some workshops and courses.**

More information about sport services can be found at www.hse.fi/liikuntapalvelut and on the bulletin board in the lobby of HSE main building. For further information, contact the Physical Recreation Director Martti "Mara" Kyykoski, HSE Main Building, 3rd floor, room C333. Tel. (09) 431 38231, email: martti.kyykoski@hse.fi

Participation fees for HSE sport services must be paid immediately after registration either to the Cashier's Office or to one of the following bank accounts:

Nordea 166030-107329

OKO 500001-20377626,

Sampo 800012-35716.

Mark you name and the activity/course as a reference in the message field.

**The Sports facilities in the HSE premises are open from Jan 15 - Apr 28, 2007
Premises CLOSED on Easter, Apr 6 - 9, 2007**

Sports hall reservations elsewhere (e.g. in public schools) are valid from Jan 15. - Apr 28, 2007.

Group exercise schedule valid from Jan 15 - Apr 27, 2007.

AEROBICS

Dance / Body

Monday 4.00 pm – 5.00 pm

Perfect Body

Tuesday 5.30 pm - 6.30 pm

Army Bic

Tuesday 6.30 pm - 7.30 pm

Circuit Training

Wednesday 5.00 pm - 6.00 pm

Body Sculpt

Friday 10.00 am - 11.00 am

Back & Shoulders + Stretching

Thursday 4.00 pm – 5.00 pm

DANCE

Salsa

Friday 4.00 pm – 5.00 pm

Show

Sunday 6.00 pm – 7.00 pm

ENTRANCE ONLY WITH A VALID STUDENT ID CARD

KY's subvention gyms

City Gym, Esport Fitness, Töölö Gym

Motivus: Adlon, Center, Kamppi, Stockmann, Sörnäinen

More information in Ky's newsletter Punakulma and from KY's Sports and club secretary Tel. (09) 431 38 878 and from the Physical Recreation Director Martti Kyykoski.

Staff aerobics

Fysio workout

Light & easy, NOT FOR PROS

Starts on Jan 9

Tuesday at 4.30 -5.30 pm

Body Sculpt

Monday at 11.30am -12.30pm

Wednesday at 4.00 -5.00 pm

Short neck-back workout for staff

No equipment needed

Thursdays at 1.00 - 1.20 pm

Department of Marketing & Management,

Coffee room, Arkadia old wing, 3rd floor

Thursdays at 1.30 – 2.00 pm

Main Building, A-wing, 1st floor, Open

Univeristy's side.

Subvention gyms for staff

Motivus: Adlon, Center, Kamppi, Stockmann,

Sörnäinen. e.g. BodyPump, Indoor Cycling,

Aerobics, Pace and gym

43 €/ 10 tickets (10 tickets/month)

Tickets from Cashiers office, Arkadia, New

Side, 1st floor

Opening hrs: Mon-Fri :9-11 am & 1.00-2.00 pm

Exercise classes offered by Finnish Student Health Services YTHS.

Classes free of charge

YTHS Sports hall, Sibeliuksenkatu 8

Registrations for YTHS physical therapy two weeks before the first class:

Mon-Wed at 11.30 am – 1.00 pm,

tel. (09)40 50 766

Neck-back exercise group

8 times, duration 45 min

Includes: posture and ergonomic guidance, basic back and neck exercises taught by a physical therapist. Stretching and relaxation exercises.

Starting on Jan 24 (weeks 4-11)

1. Wed at 8.30 am

2. Fri at 8.30 am

Starting on Feb 8 (weeks 6-13)

1. Thu at 8.30 am

2. Fri at 1.00 pm

Body conditioning, guidance and stretching

5 times, duration 45 min

- How to Stretch in a reasonable way

- More relaxation and flexibility to your body

Starting on Jan 24 (weeks 4-8)

1. Wed at 2.30 pm

Starting on Feb 27 (weeks 9-13)

1. Tue at 8.30 am

Learn to relax

5 times, duration 60 min

- Relaxation exercises for entire body and how

to apply them in every day situations

Starting on Jan 25 (weeks 4-8)

Thu at 2.30 pm - 3.30 pm

Starting on Mar 1st (weeks 9-13)

Thu at 2.30 pm - 3.30 pm

ASTANGA JOOGA

Thu at 8.00 - 9.30 pm starts Jan 25

Beginners and advanced groups jointly (started last fall)

Instructor: Gabriela Tengström

Participation fee 35 €

(see payment instruction on top of the page)

Registrations to Martti.Kyykoski@hse.fi

PILATES

Basics

Fridays at 5.00 pm - 6.00 pm
Feb 9 – March 23. (No class on March 2)
6 times
Will be arranged according to demand
Participation fee 35 € for KY members
Staff and other university staff/students 40 €
(Fee in private gyms ca.100 €)
Instructor: Auli Gagneur
(see payment instruction on top of the page)
Registrations to Martti.Kyykoski@hse.fi

GYM

Opening hours:

Mon - Fri at 8.00 am – 9.00 pm (except Tue and Thu 4.00 pm – 5.00 pm).

Saturday at 10.00 am – 7.00 pm
Sunday at 10.00 am – 7.00 pm

Please, bring a "sweat towel" with you Gym reserved for HSE Staff (women only)

Tuesday at 4.00 pm -5..00 pm
Thursday at 4.00 pm -5..00 pm

KY's subvention gyms

City Gym, Esport Fitness, Töölö Gym
Motivus: Adlon, Center, Kamppi, Stockmann, Sörnäinen
More information in Ky's newsletter Punakulma and from KY's Sports and club secretary
Tel. 431 38 878 and from the Physical Recreation Director Martti Kyykoski.

INDOOR CLIMBING

Two grip boards available in the gym (see opening hrs above).
Further information from Climbing club Kakkonen,
Jan Mattila, kakkonen@kakkonen.org

FITNESS KICK BOXING COURSE

Thursdays at 5.00 - 6.00 pm
10 times, Feb 15 – April 26. (no class on Apr 5)
Participation fee 20 €
(see payment instruction on top of the page)
Registrations to Martti.Kyykoski@hse.fi

KARATE

Beginners' course (started on fall 2006)

Mondays at 7.30-9.00 pm HSE
Tuesdays at 7.45-9.15 pm
Siltavuorenpenger 20 G

Fridays at 6.00-7.30 pm HSE

Advanced

Mondays at 7.00-8.30 pm
Tuesdays at 7.45-9.15 pm
Siltavuorenpenger 20 G

Fridays at 6.00-7.30 pm HSE

Joint shifts

Wednesdays at 4.00-5.30 pm
Saturdays at 4.00-6.00 pm
Siltavuorenpenger 20 G

Participation fee 50 €/academic year and 30 €/semester. Fees submitted in class.
Further information from Harri Moilanen, tel. 050-330 24 68 tai www.helsinki.fi/jari/honbu

JU-JUTSU

Hokutoryu-ju-jutsu (beginners and advanced)
Tuesdays at 7.30 -9.00 pm
Thursdays at 6.00 -7.30 pm
Brazilian ju-jutsu (no basics course in schedule, but suitable for beginners also)
Mondays at 6.00 -7.30 pm
Further information Kuura Kumpulainen tel. 041-5189036

ALL ACTIVITIES ARRANGED BY SPORT SERVICES OF HSE TAKE PLACE AT PARTICIPANTS'S OWN RISK

BALL GAMES

Football

KY's football club KY United
Shift: Wednesday at 9.00 -10.00 pm
Viikin monitoimitalo, Talonpojantie 8
Further information Tuomo Koskinen, p.040-764 56 79

Indoor soccer

Common shift

Tuesdays at 3.00 - 4.30 pm

Staff

Tuesdays at 8.00 - 9.00 am

Ice Hockey

KY's ice hockey team Hernesaaren Näädät
Rehearsals on Sundays at 8.30 - 9.30 pm
Jääherne-hall, Hernematalankatu 6
Further information Rauli Karppinen p.050-304 37 08

Bowling

Shifts with discounts for KY's Students in Ruusula halls tel.477 85 00
Tali bowling hall, tel.2514 44 30. Urheilutalo hall, Helsinginkatu 25, tel..020 743 7620, Tapiola bowling hall, tel.43 55 330

Basket ball

Common shifts

Tuesdays at 5.00 -6.00 pm
Steiner Scool, great hall, Paraistentie 3, Ruskeasu

Saturdays at 2.00 - 3.00 HSE
Street basket

Ky-Korin (KY's basket ball club) shifts

Thursdays at 8.30 -10.00 pm
Katajanokka sports hall, Laivastokuja 2
Saturday at 6.00 -8.00 pm
Töölön kisahalli A

KY has a team in men's series (III)
Further information: Tomi Waltari tel.040-766 09 78

Women

Thursdays at 8.30 -9.00 pm HSE
KY has a team in women's series.
Further information: Kerttu Vesterinen, tel.040-708 52 41

Staff

Wednesdays at 6.00 -7.30 pm HSE
Further information from Martti Kyykoski

Volley ball

Common shifts

Wednesdays at 7.30 - 9.00 pm
Fridays at 7.30 - 9.00 pm

Floor ball

Common shifts

Tuesdays at 2.00 -3.00 pm
Fridays at 12.00 am - 1.30 pm

Women

KY's floor ball team Lapa-Madot
Shift on Monday at 8.00 - 9.00 pm
Hakaniemi Arena Center
Further information: Anu Jaakkola tel.040-743 78 73

Staff

Mondays at 5.00 - 6.00 pm
Fridays at 08.00 - 09.00 am

Staff (women)

Tuesdays at 09.00 -10.00 am
Further information from Martti Kyykoski

Floor bandy

KY's floor bandy team Etu-Töölön Karhut
Shift on Sundays at 2.30 - 4.00 pm
Hakaniemi Arena Center
Team plays in the 5th division
Further information: Petri Rajahalme tel.050-583 63 79 ?

Badminton

Court for badminton can be reserved from Martti Kyykoski. Fee: 3.50€/h or 35.00€/semester
KY's subvention shifts in Ruoholahti hall tel. (09) 693 27 02
KY's badminton team Ky-Sulka
Shift on Sundays at 3.00-4.00 pm in MyllypuroTenniskeskus and on Tuesdays at 10.00 -11.00 am at HSE.
Further information:Hannu Paunela tel. 0400-490 126

Squash

Student discount from Mon-Fri during day hours in following clubs:Merihaan Palloilutalo tel.(09) 272 77 90, Aurora-Squash, Helsinginkatu 50 (incl. Use of swimming pool), tel.(09) 770 100, Esport Center tel.(09) 502 47 00, Myllypuron Tenniskeskus tel.(09) 341 71 30, Talin Squash Club tel (09).550 400
KY's squash club KY-Kössi
Further information: Janne Järvinen tel.041-441 15 45

Tennis

KY-Tennis' free shifts inTaivallahti iTennis-keskus on Tue at 9.00-10.00 am, student shifts at 9.30 am- 3.30 pm, tel (09) 477 0490
KY's subvention shifts: Meilahden Tenniskeskus, Mon-Fri at 8.00 am- 2.00 pm, tel.(09) 477 43 80
Oher shifts e.g.Talin Tenniskeskus tel. (09) 556 271, Tapiolan Tennispuisto tel (09) 86 76 530, Myllypuron Tenniskeskus tel.(09) 341 71 30, Esport Center tel. (09) 502 47 00, Variston Tenniskeskus tel.(09) 854 04 04
KY's Tennis club KY-Tennis
Further information: Sara Metsälampi tel.050-593 93 39

SWIMMING TECHNIQUE COURSE

Mäkelänrinteen Uintikeskus
Different techniques and turns.
5 times, March 1-29.
Thursdays at 8.00 - 9.00 am
Participation fee for KY members 20 €
Staff and othe universities 25€
(see payment instruction on top of the page)
+ entrance fees 5 x 2,80 €
(submitted to swimming hall cashier)
Registrations to martti.kyykoski@hse.fi

SWIMMING

Student fee (with a valid student card)

Urheiluhallit OY

Mon-Fri before 4.00 pm
Helsingin Urheilutalo, Töölön Urheilutalo,
Kontula, Malmi, Siltamäki 2,50 €
Mäkelänrinteen uintikeskus 2.80 €

Halls owned by Helsinki City

All times
Itäkeskus 2,30 €
Jakomäki, Pirkkola, Ruoholahti,
Yrjönkatu, Jakomäki 1.80 €

Vuosaari

All times 2,50 €

Staff tickets

Uheiluhallit Oy

Helsingin Urheilutalo, Töölön Urheilutalo,
Kontula, Malmi, Siltamäki
Mäkelänrinteen Uintikeskus (+1 €)
37 € / 10 tickets, (10 tickets/ month)

Helsingin kaupungin hallit

Itäkeskus, Jakomäki, Pirkkola, Ruoholahti,
Yrjönkatu
30 € / 10 tickets, (10 tickets/ month)
Tickets from the Cashier: Arkadia, F-wing, 1st floor, Mon-Fri 9.00 - 11.00 am & 1.00 - 2.00 pm.
Cash and bank cards accepted.

DOWNHILL AND CROSS COUNTRY SKIING

Downhill and cross country skiing facilities in several outdoor recreational areas in Helsinki, Espoo and Vantaa. Brochures and more information from Martti Kyykoski.
KY's downhill skiing club "Ky-Ski".
Further information from Lasse Lehtinen

STUDENT CLUBS

KY arranges club activities for the following sports: pool, hiking, golf, aviation, ring bandy, Finnish baseball, sailing and horse riding.
Further information:
<http://www.kyweb.fi/> KY's Sports and club secretary tel. (09) 431 38 878 or Martti Kyykoski tel (09) 431 38 231

FITNESS TESTS

Test executed with a POLAR M51 heart rate monitor.
The test is based on heart rate changes.
Duration: 15 min, testing time 5 min.
Testauspaikka on juhlasalin lämpiössä.
Reservations:martti.kyykoski@hse.fi

MASSAGE

Students: 13 €/30 min
Fridays at 11.00 am – 2.00 pm
Starts on Jan 26.
Reservation lists on the bulletin board in the main lobby.
Staff: 13 € / 30 min.
Fridays at 9.00 - 10.30 am
Starts onJan 26.
Reservations:
Excell / yleiset on 'beta'-tiedosto / liikunta / hierontavuorot

SPORTS HALL RESERVATIONS

Students, staff, faculty and clubs can book single shifts (3,50 €/h) or regulat shifts (35 €/semester)
Reservations:martti.kyykoski@hse.fi

FLOOR BALL LEAGUE

- Date: Marc 6-10, 2007
- Venue: HSE Sports hall
(games on day time)
- 3 players + extras/change players
- time 2 x 12 min
- participation fee 10 €
Registrations by Feb 29, 2007.

MINISERIES OF FOOTBALL

- Date: starting on March 28
- Venue: HSE Sports hall
- Tuesdays at 3.00 - 4.30 pm
(also on Saturdays if needed)
- 3 players + extras/change players
(max. 3/game)
- time: 2 x 6 min
- participation fee 5 €
Registrations by Mar 21, 2007.

More information on sports series and tournaments in KY newsletter "Punakulma", sports bulletin board and at www.hse.fi/liikuntapalvelut