

ACADEMIC SPORTS

JOIN US 7.1.-28.4.2019

- * Make new friends
- * Get extra energy for your studies and good feeling for your days
- * Exercise just the way you prefer, peacefully and caring the body or challenging yourself

www.academicsports.fi



ACADEMIC SPORTS

- * Group fitness, ball games, gyms
- * Courses
- * Sport course with credits
- * Unsupervised exercises
- * Student group sessions
- * Tens of sport facilities

<https://www.korkeakoululiikunta.fi/en/university-sports/dropdown/sport-facilities/sport-facilities/sport-facilities>

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GROUP FITNESS

* EASY family

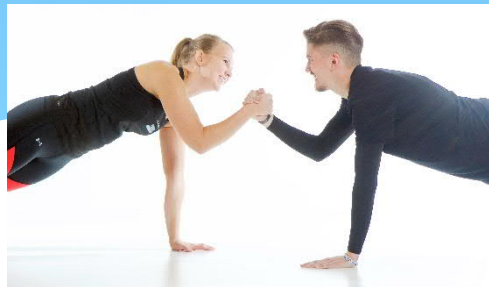
EASY Pump

EASY Aerobic

EASY Step

EASY Yoga

<https://www.korkeakoululiikunta.fi/en/academic-sports/group-fitness/schedule>



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BALL GAMES

* START sessions for the beginners

On Tuesdays: Floorball, basketball, ultimate

ON Thursdays: Volleyball

<https://www.korkeakoululiikunta.fi/en/academic-sports/ball-games/schedule/>



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GYMS

- * AaltoAlvari swimming pool
- * Liikunta
- * Monitoimitalo (multipurpose hall)
- * Rentukka

<https://www.korkeakoululiikunta.fi/en/academic-sports/gym-and-swimming/jyu-students-and-staff>

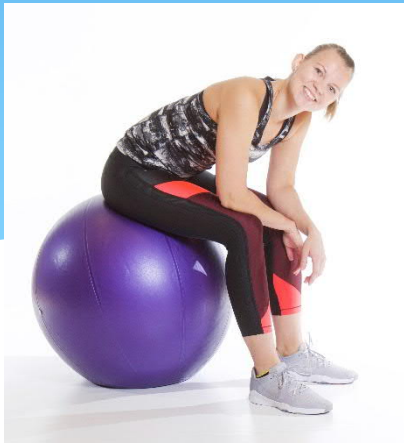


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WHAT DOES IT COST

- * 45 € spring semester
- * Academic Sports -> Pay a sports fee

<https://www.korkeakoululiikunta.fi/en/academic-sports/dropdown/payment/payment>



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COURSES

* Almost 40 courses

Hathayoga in English

Aqua aerobics

Cross-country skiing for beginners

Snowboarding for beginners

Contemporary dance

Korean Pop Dance in English

Near-by nature...

<https://www.korkeakoululiikunta.fi/en/university-sports/courses/sport-courses>

SPORT COURSE WITH CREDITS

- * You can include the sport course in your studies
- * 2 ect
- * You need to participate in 15 classes (90 minutes each)
- * You choose from different sport disciplines from the selection of approximately 50 classes offered in the YLIY programme (snowshoeing, group fitness, canoing, skating, ball games, martial arts, walking in the dark forest, lecture about stretching...)

<https://www.korkeakoululiikunta.fi/en/university-sports/courses/sport-course-with-credits/schedule>

SWIMMING

* AaltoAlvari swimming hall

Mon-Fri entry: 6-10 student or staff card 3,40€

* Wed and Fri entry: 15-17 student or staff card 4,80€
(including gym)

* Sat entry: 10-12 student or staff card 4,80€ (including
gym)

UNSUPERVISED SPORTS

- * Apparatus gymnastics
- * Track and field
- * Martial arts

<https://www.korkeakoululiikunta.fi/en/university-sports/unsupervised-classes-gym-swimming-other/unsupervised-classes/other>

EVENTS

- * 12.1. uMove workout goes JAMK
- * 14.-20.1. Join group fitness classes and ball game sessions for free
- * 23.1. Martial Arts Demonstration
- * 11.-17.2. I <3 Academic Sports -week
- * 15.-17.4. Easter classes and sessions

<https://www.korkeakoululiikunta.fi/en/university-sports/staff-student-groups-and-events/events>

WE ARE HERE FOR YOU

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Coin us and have fun

