

Winter

Vierumäki • Jan 29–Feb 4, 2010

ACTIVE HOURS

Guided Sports Activities for Every Day!

Friday, January 29, 2010

17:00–17:45 Middle Body Training Adults

18:00–19:00 Fitness test * Adults

* Price 77 € / person

* **Registration in advance** at the Medical Centre by Thu.

Open daily 8:00–15:45, tel. (03) 8424 1068

Saturday, January 30, 2010

10:00–10:45 Football in snow Kids 5–8

11:00–11:45 Middle Body Training Adults

13:00–13:45 Sports Games Kids +9

14:00–14:45 Stick Gymnastics Adults

15:00–15:45 Streching Adults

Sunday, January 31, 2010

07:00–08:00 Morning swim for guests (*free of charge*)

09:00–09:45 Aqua Gymnastics (P) Adults

10:00–10:45 Snow Games Kids 5–12

11:00–12:00 Nordic Walking Adults

Monday, February 1, 2010

18:00–18:45 Neck-shoulder Workout Adults

Tuesday, February 2, 2010

07:00–08:00 Morning swim for guests (*free of charge*)

18:00–18:45 Step Aerobic Adults

Wednesday, February 3, 2010

18:00–19:00 Fitness School Adults

* Fitness School is guided by the students of Sport Institute.

Women meet at Ball hall (map No.2), men at Sports Hall (map No.15). Price 6 € / person.

Price includes Aqua Gymnastics at pool 19:15–19:45.

Thursday, January 28, 2010

18:00–18:45 Circuit Training on apparatus Adults

ACTIVE HOURS

Departure from the Sports Hall (No.15), except:

A = meet us at the Arena (No. 42)

P = meet us at the pool (No. 13b)

V = meet us at the Vierumäki Centre (No.1)

I = meet us at the ice arena (No.16)

TP = meet us at the Tennis Pavilion (No.14)

Price

Adults 6 €, kids 3 €

10-times serial ticket

Adults 54 €, kids 25 €

Tickets for sale at the reception, Sports Hall, Vierumäki Arena and the Country Club.

SPORTS PASSPORT

Make the most of sport opportunities in Vierumäki!

Use the various sport locations and equipments for self-acting sports. Sports Passport is valid 1-3 days – as you wish.

Ask for more in Reception!

INDOOR GOLF TRAINING CENTRE

Short Game area, a simulator and sixteen shot places.

Prices from 10 € / hour

Available for practicing unless there are bookings for groups.

Ask for availability from the hall caretaker:

tel. (03) 8424 **1570** or 040 564 1908



 **VIERUMÄKI**

We reserve the right to changes.

www.vierumaki.fi

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SWIMMING HALL

MON-THU	Training Spa	14:00–21:00
	Fitness pool	17:00–21:00
FRI	Training Spa	17:00–21:00
	Fitness pool	17:00–21:00
SAT	Training Spa	14:00–20:00
	Fitness pool	17:00–20:00
SUN	Training Spa	09:00–14:00
	Fitness pool	<i>if not booked for a group</i>

Prices Adults 6 €
Children (5–15 years of age) 3 €

Morning swim On Tuesdays and Sundays at 7:00–8:00 in the fitness pool. **Free of charge!**

Attention Don't forget to take a coin with you for the locker in the changing room – **1 € for men, 0.50 € for women.**

If the fitness pool (25m) is not booked for a group, you can also use it during the working hours of the Spa.

PUBLIC SKATING HOURS

FRI 29.01.2010	15.00–16.00	<i>without sticks</i>
FRI 29.01.2010	16.30–17.30	<i>with sticks</i>
SAT 30.01.2010	19.30–20.30	<i>with sticks</i>
SUN 31.01.2010	14.00–15.00	<i>without sticks</i>
SUN 31.01.2010	15.30–16.30	<i>with sticks</i>

Outdoor Ice Arena is also available (weather permitting)

Ask for more: tel. (03) 8424 1039
Prices Adults 6 €, Children (5–15 years of age) 3 €

SKIING

Ski tracks are open!
Ski track of 400 meters available for kids at Athletic field.
Ask for more: tel. 040 487 1803

SKI WAXING SERVICE

Leave skies by 19:00 at Sports Hall and pick up waxed skies at 9:00 next morning. Prices from 10 € – kids skies (under 150 cm) 50 %!
Further information tel. 040 540 1640 or 040 540 1574.

Greeni Food & Wine

recommends

Chicken with Blue Cheese 14.00 €
grilled potatoes, grilled vegetables

We have the sports channels

CANAL+ SPORT1, CANAL+ SPORT2 and MTV3 MAX

* *Fresh-baked bread of Vierumäki Bakery to Go!*

* *Delicious pastry shop products.*

* *The best pizzas in the area!*

GREENI
FOOD & WINE

Open daily 8:00–22:00
Vierumäki Centre 2nd floor
Take Away tel. (03) 8424 5531 / 5530

Rampsi à la Carte

recommends

DELICIOUS BLIN MENU

Blin with sour cream and onion
burbot roe, cold smoked salmon or reindeer

Blin Bowl for main course
Three blins, burbot roe, cold smoked salmon, cold smoked reindeer, sour cream and onion

RAMP SI
A LA CARTE



Table reservations tel. (03) 8424 1070

SELF SERVICE LAUNDRIES

Laundries are located in the basement of Ilkka building and in Pihkala, behind the Café Sportti. Washing machines work with coins. The washing machine of Pihkala accepts 0.20 € coins, price 0.60–1.40 €. Washing price in the Ilkka building: 1.40 €. Washing powder can be purchased at Café Sportti. Make your reservation at the laundry.



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SPORTS HALL

tel. (03) 8424 1036

Open daily

07:00-22:00

Athletics, gymnasium and courts

VIERUMÄKI CENTRE

tel. (03) 8424 5500

Open daily

07:30-22:00 (Fri 22:30)

Tennis and squash courts

VIERUMÄKI ARENA

Open Mon-Sat 08:00-21:00, Sun 09:00-16:00

tel. (03) 8424 1570 or 040 564 1908

- * Booking for sports facilities must be done in advance. You are not allowed to enter a court without a reservation.
- * The booking must be claimed not later than 15 minutes from the confirmed time.
- * If the booking was not claimed, the client will be charged according to the normal hour fee. Cancellation must be done min. 2 hours before booked time.

WELLNESS SERVICES

Ask for availability!

Massage

Wieru Masseurs at the Vierumäki Centre, 2nd floor

Open: Mon-Fri 10:00-21:00

Sat 09:00-21:00, Sun 09:00-18:00

Appointments with masseurs tel. 0400 635 333

Masseur students at the Vierumäki Centre, 1st floor

Closed from Nov 28, 2009 until Feb 19, 2010.

Barber's Shop Hiuspeluri

tel. (03) 8424 5537

Make your appointment in advance!

Vierumäki Centre, 2nd floor.

Beauty Salon Sirkku

tel. 040 705 0302

Beauty treatments and product sales available at Vierumäki Centre, 2nd floor.

Make your appointment in advance!

LIVE MUSIC EVERY THURSDAY

Caron Barnes

Thu 4.2.2010 at 19:00-21:00

at Country Club

Free entrance!

WELCOME



HORSEBACK TREKKING TORESON

tel. (03) 8424 5666

Enjoy a horseback trek in the Finnish nature!

10:00-12:00 two-hour trek 58 € / person

14:00-15:00 one-hour trek 30 € / person

Horseback riding with a leading guide on Saturdays and

Sundays 13:00-14:00 3 € / round

Kids younger than 12 can participate in the treks only if they have at least one year experience of riding once a week.

BUFFET RESTAURANTS

Restaurant Country Club

Breakfast 7:00-9:30 6.00 €

Sat-Sun 7:00-10:00

Lunch 11:30-14:00 16.50 €

Dinner 18:00-21:00 20.00 €

Fri and Sun 18:00-22:00

Restaurant Kaskela

Breakfast 7:00-9:30 5.00 €

Lunch 11:00-14:00 12.00 €

Dinner 17:00-19:00 12.00 €

Fri 17:00-20:00

Restaurant Wanha Sali

Breakfast 7:30-9:30 6.00 €

Lunch 11:00-14:00 14.00 €

Dinner 18:00-21:00 14.00 €

Fri and Sun 18:00-22:00

PRO SHOP KOIPPARI

Vierumäki Centre, 1st floor

tel. (03) 8424 5534

Open Fri 10:00-17:00

Sat 09:00-16:00

Sun 10:00-15:00

Mon-Thu 10:00-17:00



Skies and skates for rent!

INTERNATIONAL WEEK

International Week **February 1-5, 2010** in Vierumäki

Read more at www.vierumaki.fi



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