



Tapiolan Voimistelijat ry

Newsletter 11/2022



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"REFLECTOR CAMPAING" 9.11.

"On Wednesday November 9th sport associations in Espoo and Espoo city "Liikunta ja urheilu" dare everybody to walk for an hour at 18.00! Gather together with your friends, family or team at your local sports field (e.g. Tapiolan urheilupuisto, Urheilupuistontie). At 18.00 everybody will start the walk at their own pace and the event will end at 19.00 Bring as many reflectors as you have! Reflectors will also be distributed at the sports fields.

The event is part of Espoo city 50 years events.



FAMILY GYM DAY 20.11.

**Vapaa
pääsy!** Free
Entry!

PERHEPÄIVÄ 20.11.

Mankkaan koulu 10.00-12.00


Welcome to have fun at our family gym day at Mankkaa school gymnastics hall on Sunday 20.11. at 10.00-12.00. The event is free.


You can try out different gymnastics' equipment, play floorball or do all kinds of different tricks and stunts you can think of! There is no teaching or instructors, parents are responsible of their children during the event.

 [Read more](#)

CHRISTMAS SHOWS

This year we will organize two Christmas shows:

 Christmas show 1: Mon. 21.11.
Espoon kulttuurikeskus Tapiolasali klo 18.00

 Christmas show 2: Mon. 12.12.
Niittykummun koulu klo 18.00

We will also need some volunteers to help organize great shows! As a volunteer you get to see behind the curtains and see all the joy of performing. There are many different tasks e.g. photographing and helping children before the show. If you are interested please [contact us](#).

The ticket sale for the shows has started. We recommend buying the tickets in advance.

→ [Ticket sale and more information](#)



AGG TRY OUT 24.11.



Welcome to agg (aesthetic group gymnastics) try out practice on Thursday 24.11.2022 at 18.00-19.00. The try out is for children above 5 years who are interested in gymnastics teams. No previous experience is needed. Please sign up beforehand, it will not bind you for any further.

→ [Sign up](#)

ANNUAL MEETING 29.11.

Tapiolan Voimistelijat annual meeting will be held on Tuesday 29.11.2022 at 18.00 at our office in Kappelikuja 6B. All members above 15 years have voting right. Coffee service.

Welcome!



GYM MARATHON 10.12.



Free group fitness event at Tapiola school (Opintie 1)
Saturday 10.12. klo 10.00-12.15

The program will be updated during November.

→ [Read more](#)

ENDING OF AUTUMN SEASON

Children's and adults' hobby classes ending for the autumn:

- ☞ Fri. 2.12. at Kilonpuisto, Mankkaanpuro Taavinkylä, Westendipuisto, Vindängen
- ☞ Sun. 11.12. at Leppävaaran nuorisotila, Mankkaa, Niittykumpu, Perkkää, Pohjois-Tapiola, Tapiola, Toppelund
- ☞ Seniors' classes' last classes at Haukilahden monitoimitalo on Tues. 13.12. and Thurs. 15.12.



No classes on:
All Saints Day on Sat. 5.11.
Independence day on Tues. 6.12.

All changes to adults' group fitness classes at our website:

→ [Changes](#)



ENROLLMENT FOR SPRING SEASON



Children's classes

Autumn season enrollment doesn't automatically continue for spring season. There is a separate enrollment for spring. **Advance registration is open 1.12.-8.12.2022** for the participants of autumn season and in the advance registration you can only enroll for the same group. **On Monday 12.12.2022 the enrollment opens again for everybody.**



Spring season schedules will be published later in November!
Spring season starts on 9.1.2023



Adults' group fitness classes

Group fitness enrollment begins on **1.12.2022**. **For Pilates classes advance registration is open on 1.12.-8.12.** only for the autumn season participants and only for the same group. **On Monday 12.12.2022 Pilates enrollment opens again for everybody.**

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