



Tapiolan Voimistelijat ry

Newsletter 10/2022



In October's Newsletter

- AGG rules info
- Showing of the agg programs
- Omavalvontakoulut
- Autumn camp
- Classes during autumn leave
- New seniors' class
- TapiolaCup 29.10.
- Family Gym Day 20.11.
- Christmas shows
- Gymnaestrada 2023
- Kilometrikisa



AGG RULES INFO

Agg rules info will be held on Tuesday 4.10. at 18-20 at Mankkaa school (Mankkaansuo 8). Entrance from the main doors.

The info is for parents whose children are in teams of 8-10 years or above. Our head of coaching Johanna Ahlqvist explains the rules of agg so that families would have better understanding of the requirements of agg.

Welcome!



SHOWING OF THE AGG PROGRAMS 8.10.



KISAKATSELMUS

8.10.2022

Welcome to see our agg teams' new programs at Espoonlahti Liikuntahalli on Saturday 8.10. The doors open at 12.00 for the gymnasts and the performances start at 12.15.

Team Tapiola Kids will organize a buffet where you can buy some snacks.

→ [Read more](#)

"OMAVALVONTA" SCHOOLS

We remind you that at "omavalvonta" schools there are no doormen at school for which reason we are responsible of the premises during the classes. That's why the doors must be kept locked during the classes and it is forbidden to put anything between the doors to keep them open. The instructors will open the doors before the class. Please arrive in time.

You can find instructions for all the schools at our website. We recommend to check these instructions if you are attending the class for the first time.

→ [Instructions for the schools](#)









AUTUMN CAMP



The autumn hobby camp is full of movement, tricks, stunts and acrobatics skills such as somersaults, cartwheels, hand stands etc. No previous skills needed, the camp is open for everyone. Teaching will be in Finnish.


The enrollment is open and there is still a few places left!


 Mon. - Wed. 17.-19.10.2022
 Mankkaanpuro school
 1-3 graders


 Scheduled program at 9.00-15.00
 Instructors present at 8.00-16.00
 Price 119 € members / 129 € others

→ [Read more](#)

CLASSES DURING AUTUMN LEAVE 17.10.–21.10.

 Childrens classes will not be held between 17.-21.10.

 All the adults classes will be held normally during autumn leave. See possible changes and substitutes [here](#).

 Agg coaches will inform the teams about their shecule during autumn leave.



NEW SENIORS' CLASS



A new seniors' class starts on 27.10. at Haukilahden monitoimitalo, every Thursday at 11.00-12.00 Seniors' class is for +65-years. The instructor is Rani Saarinen.

Price for the rest of the autumn season is 15 € (+ membership fee 20 €)

 Milla Vahtila / Voimisteluliitto

[→ Read more](#)

TAPIOLA CUP 29.10.

TapiolaCup agg competitions on Saturday 29.10. at Opinmäki school.

Schedule and information about ticket sale coming on week 41. More information on our website.

[→ Read more](#)

Tapiola Cup

Lauantai 29.10.2022

SARJAT:

- 8-10v. välineohjelma
- 10-12v. välineohjelma
- 12-14v. SM-sarja välineohjelma
- 12-14v. SM-sarja vapaaohjelma
- 14-16v. SM-sarja vapaaohjelma
- Yli 16v. SM-sarja vapaaohjelma
- 12-14v. harrastesarja välineohjelma
- 14-16v. harrastesarja välineohjelma
- 16-20v. harrastesarja välineohjelma
- Yli 18v. harrastesarja välineohjelma



FAMILY GYM DAY 20.11.




Welcome to have fun at our family gym day at Mankkaan koulu 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:

 Mon. 21.11. Joulun gaalanäytös
Espoon kulttuurikeskus Tapiolasali klo 18.00

 Mon. 12.12. Joulun satunäytös
Niittykummun koulu klo 18.00

Most of our childrens groups and agg teams will perform at the shows. More information about the performing groups and ticket sale will be updated to our website.

[→ Read more](#)



GYMNAESTRADA 2023



The World Gymnaestrada is a world-wide, non-competitive event held every four years, attracting the largest number of active participants of any gymnastic event. Participation is for everybody and next World Gymnaestrada will be held in Amsterdam in the summer 2023. You can join the event by participating the Finland programs or the international World Team program.

[→ Read more](#)

 Matti Nenonen / Voimisteluliitto

KILOMETRIKISA

Tapiolan Voimistelijat team participated in the Kilometrikisa (playful bicycle competition) and cycled up to 5 081 kilometres during the competition! In our team we had eight members, both our active members and instructors.

Thank you for all the participants! We are looking forward on participating again next year!

[→ Read more](#)

