


ADAPTED PHYSICAL ACTIVITY IN HELSINKI



CITY OF HELSINKI Sports Department




THE MISSION

- The Helsinki Sports Department's mission is to improve the quality of life and fitness of people in Helsinki through sports and physical recreation



24.11.2011



THE VALUES OF THE SPORTS DEPARTMENT

- Customer-oriented
- Well-being
- Sustainable development
- Fairness and equality
- Economy
- Safety
- Supportive spirit and the ability to cooperate




THE SERVICES OF THE SPORTS DEPARTMENT

The main services of the sports are:

- Offer the indoor and outdoor sports facilities
- Inform and promote the sport services in Helsinki
- Support different sports clubs and also organizations for handicapped or elderly people
- Adapted physical activity




OPPORTUNITIES TO EXERCISE AND SPENDING THE LEISURETIME IN HELSINKI

- On outdoor routes
- In sport halls
- In sport fields
- In parks
- In the archipelago




- Exercise
- Go fishing
- Go boating
- Go trekking


Also available

- Supervised sports

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INDOOR SPORTS FACILITIES



SPORTS HALLS AND GYMS (70)

- Swimming pools
- Ice stadiums
- Multi-purpose halls
- Fitness centres
- Indoor football fields
- Shooting ranges
- Skateboard rink

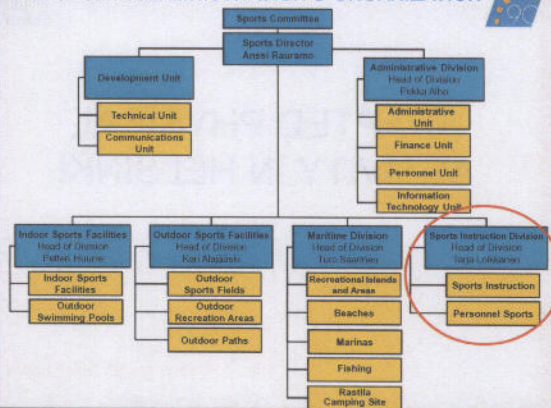
15.8.2004

OUTDOOR SPORTS FACILITIES

- Skiing tracks
- Sport fields, ball game grounds
- Parks
- Ice-skating rinks
- Cycleways
- Artificial ice-skating rinks
- Outdoor areas
- Beaches
- Outdoor routes
- Outdoor swimming pools
- Archipelago



THE SPORTS ADMINISTRATION'S ORGANIZATION



SPORT INSTRUCTION DIVISION

Sports department offers health-enhancing physical activity

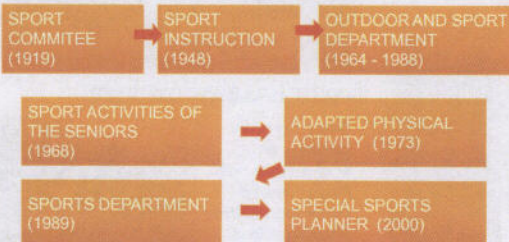
- For those groups, whose physical conditions needs specific knowledge and professional ability
- Departments' aim is to organize exercise especially for those who get few services from private organizations

SUPERVISED SPORTS ACTIVITIES

- Over 800 hours/week
 - senior citizens (over 60 year old) 29 %
 - special groups 11 %
 - adults 7 %
 - children and youth 7 %
 - swimming schools 24 %
 - suburban action 12 %
 - personnel sport 10 %

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HISTORY OF THE ADAPTED PHYSICAL ACTIVITY IN HELSINKI



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ADAPTED PHYSICAL ACTIVITY

- Special group activities are intended for people who, due to disability, illness etc., have difficulties participating in regular groups
- The aim in the activities is normally to maintain and improve physical capacity and to create possibilities to relax and get refreshed
- Participants are able to use assistance if they need

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FORM OF ACTIVITY



- The Sports Department arranges supervised activities, also in co-op with other organizations, for handicapped or chronically ill people
- Majority of the groups are of general adapted physical exercise
- Some groups also to people with specific illness, such as stroke patients or mentally handicap, few to mention



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FORM OF ACTIVITY



- There are about 90 supervised hours/ week of the adapted physical activity (by the Sport department itself)
- The groups of the adults / seniors are
 - strokepatient
 - people with mental disorders
 - psychiatric outpatients
 - for all purposed

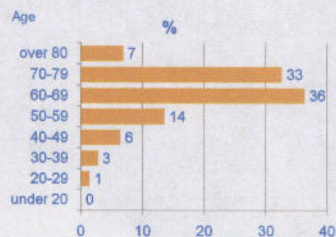
Sport insttutudure

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PROFILE OF OUR CUSTOMER



Adapted physical activity

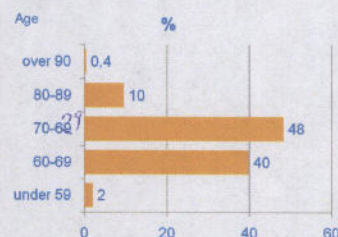


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PROFILE OF OUR CUSTOMER



Seniors

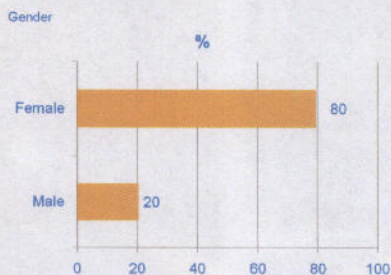


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PROFILE OF OUR CUSTOMER



Adapted physical activity

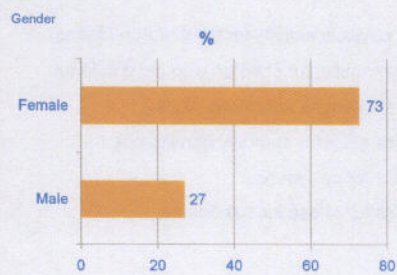


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PROFILE OF OUR CUSTOMER



Seniors

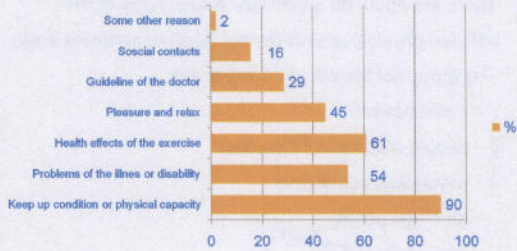


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PROFILE OF OUR CUSTOMER



Adapted physical activity



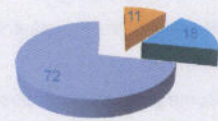
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FORM OF ACTIVITY



The most popular activities are

- water gymnastic exercise
- gym exercise
- gymnastic exercise



■ Gymnastics ■ Gym ■ Water exercise

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FORM OF ACTIVITY



- The adapted physical activity for the children / teens
 - "Moto"- gymnastic, for children who have different variety of challenges with motor skills
 - Gymnastics-skills for mentally handicapped
 - Gymnastics for cp - teens
 - Gymnastics for obese kids and teens

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SPECIAL SWIMMING CARD

- Some persons with disabilities or long-term illnesses can apply swimming card to the Sports Department for a decision on the basis of a medical report
- The special swimming card is valid for independent swimming and allows the use of the all swimming halls during regular opening hours



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FREE OF CHARGE

- The veterans and disabled soldier
 - Gyms and weightlifting rooms
 - Swimming halls
 - Supervised sport



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FORM OF ACTIVITY

COOPERATION

- The City of Helsinki's Health Centre
 - The rehabilitation units (physiotherapy unit)
 - School and student healthcare
 - Obesity children
 - Occupational units
 - Psychiatric outpatients
- Hospital district of Helsinki and Uusimaa *hospital area*
 - Obesity children
 - Children and young people with CP

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FORM OF ACTIVITY

- The City of Helsinki's education department
 - The swim education for the children with mental disabilities
- Sport clubs and organizations for handicapped
 - Cooperative sport courses
 - About 40 hours /week
 - No need for joining any organization
 - Sport department gives economical support
 - Salaries of the instructors
 - Rent of the indoor or outdoor facilities
- Adapted physical education theme days and education 24.11.2011

COOPERATION SPORT COURSES

GROUPS FOR CHILDREN AND TEENS

- Swimming
 - deaf
 - CP
 - Autism and disabled childrens' family swim
- Ice Skating for the mentally handicapped
- Sport club for the physically disable kids
- Sport club for the autistic or asperger kids
- Dancing for the physically disable kids

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COOPERATION SPORT COURSES

GROUPS FOR ADULTS

- Blind (gym, swimming)
- Patient with aphasia or stroke (gym, water exercise, bowling)
- Brain injury (sport club)
- Deaf (gym, water exercise, gymnastics)
- Invalid (flamenco, wheelchair-dance, taekwondo, yoga)
- Disabled adult (belly dance, sport club, floor ball, water exercise)
- MS – patients (stretching, gymnastics)
- Neuromuscular Disorders ("floor ball")
- Golf for disabled people

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Liikuntaneuvonta

syyskuu 2010

Liikuntaneuvonta on maksuton palvelu, jota tarjoavat liikuntaneuvojat ja liikuntaneuvojien ohjeistus. Liikuntaneuvonta on tarkoitettu kaikille liikuntaharrastajille ja liikuntaneuvonta on tarkoitettu kaikille liikuntaneuvojille. Liikuntaneuvonta on tarkoitettu kaikille liikuntaneuvojille.

Harjoituskeskus Keskitalo, Helsinki B
 22.8. 8.00 - 20.10, 2.9. 11.00 - 13.10, 8.12. ja 9.12. 10.00 - 11.00
 harjoituskeskus B 9.00 - 11.00

Hämeenlinna Liikuntakeskus, Helsinki F
 28.8. 10.00 - 12.00, 12.9. 10.00 - 12.00, 18.9. ja 19.9. 10.00 - 12.00
 harjoituskeskus B 9.00 - 10.00

Järvenpää Liikuntakeskus, Mäntsälä J
 8.10. ja 11.10. 10.00 - 11.00

Kuopio Liikuntakeskus, Mäntsälä K A
 8.10. - 12.10. 10.00 - 11.00

Kuopio Liikuntakeskus, Oulunkylä K B 1
 13.9. 10.00 - 12.00, 13.10. 10.00 - 12.00, 20.10. 10.00 - 12.00, 27.10. 10.00 - 12.00
 harjoituskeskus B 9.00 - 10.00

Maunula Liikuntakeskus, Mäntsälä K A
 8.9. - 10.10. 10.00 - 11.00
 harjoituskeskus B 9.00 - 10.00
 harjoituskeskus B 9.00 - 10.00

Osakekeskus Liikuntakeskus, Kivimäki K B
 9.9. 10.00 - 12.00, 16.9. 10.00 - 12.00, 23.9. 10.00 - 12.00, 30.9. 10.00 - 12.00, 7.10. 10.00 - 12.00, 14.10. 10.00 - 12.00
 harjoituskeskus B 9.00 - 10.00

Talvi Haka, Mäntsälä K B
 14.9. 10.00 - 12.00, 21.9. 10.00 - 12.00, 28.9. 10.00 - 12.00, 5.10. 10.00 - 12.00, 12.10. 10.00 - 12.00
 harjoituskeskus B 9.00 - 10.00

Liikuntaneuvonta on maksuton palvelu, jota tarjoavat liikuntaneuvojat ja liikuntaneuvojien ohjeistus. Liikuntaneuvonta on tarkoitettu kaikille liikuntaharrastajille ja liikuntaneuvonta on tarkoitettu kaikille liikuntaneuvojille. Liikuntaneuvonta on tarkoitettu kaikille liikuntaneuvojille.

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Citysuunnistus

Pe 7.5.2010 klo 10.00-12.00

Yli 60-vuotiaille suunnattu kävelytapahtuma 12 paikassa ympäri Helsinkiä. Noin 3 kilometrin ja 500 metrin pituisten reittien varrella on kysymyksiä, joihin vastaamalla osallistuu palkintojen arvontaan.

Tervetuloa kavelemaan!

Esikäsitys
 www.tiipointi.fi
 puh. 010 310 81922
 Tapahtuma on maksuton.
 Ei osallistujamaksua.
 Käynnäkö Helsinkiin käyvästi! Ilmoittautuminen ja kassatiedot

Ilmoittautuminen
 Ilmoittautuminen maksuttomasti
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Lähtöpaikat

- Kampin palvelutalon, Malminkatu 2
- Enoppin palvelukeskus, Kauppinenkatu 1
- Kortolan vanhustenkeskus, Keskustie 1
- Kustankärän vanhustenkeskus, Keskustie 11, 1. krs.
- Lautasaaren Palvelukeskus Merkanen, Munkkiniemi 1
- Munkkiniemen palvelukeskus, Munkkiniemi 1
- Myllypuroon kirkko, Myllypuroon 11
- Pikku-Huopalahden Taavetiipointi, Taavetiipointi 1
- Puistien palvelutalo, Myllypuro 1
- Rintamiehen vanhustenkeskus, Myllypuro 1
- Sallustaan vanhustenkeskus, Puustikatu 1
- Töölön palvelutalo, Töölönkatu 1

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SENIORS



- Senior activities are intended for people over the age of 60 and pensioners
- Activities include water gymnastics, gym activities and exercise classes
- The aim is to improve the quality of life and fitness and maintain the ability of function

lack of medicine coach



THE CHALLENGES



1. Activate sport organisations to the amateur sport
 - The adapted physical education
 - Children and teens (obesity, immigrants)
 - Encouraging passive disabled people to become acquainted with and participate in sports
 - Adults and seniors
 - Physical education instructor during the day time
 - Professional ability
 - Inclusion

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2. Sport facilities

- Accessibility, availability, sufficiency
- Neighbourhood sports facilities

3. Cooperation

- Between the different City organs
- Between the organizations (handicapped, sport)
- Between the different City organs and organizations

4. Information and promoting of the sport possibilities

- Making residents aware of sports facilities, associations and opportunities in their area

✓ 5. Difficult to find right group

