



# SYKETTÄ SPORTS SERVICES

## What is Sykettä Sports Services?

**Sykettä Sports** offers a wide variety of sports to students and staff of Joensuu Higher Education Institutions UEF and KUAS at a very affordable price. We have more than 50 different fitness classes and several different types of ball sports on offer, as well as three gyms for our members to use. Some of the sports on offer are:

- Yoga
- Asahi
- Step
- Body Pump
- Cross training
- Football
- Ice skating
- Badminton
- Basketball
- Dancing
- Martial arts
- Water aerobics
- Wrestling
- Spinning

You can see the full range of classes and ball sport sessions offered at [www.sykettä.fi/joensuu](http://www.sykettä.fi/joensuu)

## How can I become a member of Sykettä?

1. Register yourself as a present student at UEF at the Student Services, Aurora building.
2. Create a user account at [www.sykettä.fi/joensuu](http://www.sykettä.fi/joensuu) -> go to the top of the front page and click on "Do you crave an active lifestyle? REGISTER HERE!".
3. Once you have registered, you can pay and collect your sports sticker at the Student Union (ISYY) office, Haltia building, UEF Joensuu campus. The sports sticker will be attached to your student card. We accept cash/card payments. The price of the sticker is 17/33/35/66€ depending on the package.
4. Once you have paid and collected your sticker, you can start using the services immediately. Go to [www.sykettä.fi/joensuu](http://www.sykettä.fi/joensuu) and check the sports calendar, where you can enroll to fitness classes and book sports sessions.

### Remember this:

- You have to be enrolled as a present student in order to become a Sykettä member
- Sykettä autumn semester begins on Monday the 3rd of September 2018
- You can book fitness classes and sports sessions one week in advance.
- If you cannot go, you must cancel your attendance at least 2 hours prior to the class.
- Always carry your student card and Sykettä sticker with you when you go exercising.
- Wear appropriate sports clothes and indoor shoes for indoor exercise.
- Sykettä services are only available for Sykettä sticker holders.
- **Enjoy!**

**Questions?** Please contact Sykettä Sports Coordinator Heli Aalto: [liikuntasuunnittelija@isy.fi](mailto:liikuntasuunnittelija@isy.fi)