

Welcome to the Uusikaupunki Sports Services!

Here you can find out about our sports services and other activities. You can also find comprehensive information on the sports venues and facilities maintained by the city.

We strive to increase the variety of sports services and activities in the city, so each resident can have the possibility to exercise and move in a way and at the level they see fit.

The aim is to provide enjoyable and purposeful sports services for the residents of Uusikaupunki by providing by high-quality and diverse services and effective communication about them so all citizens can be directed towards what they would enjoy. An important part of providing these services is cooperation with various parties.

In this document you can find more information about the different services we provide such as:

- Exercise Counseling
- Exercise Tips
- Gyms
- Sports Facilities
- Sports Facility Reservations
- Ice Rink
- Outdoor Sports
- Special Needs and Health Exercise



Exercise Counseling

Guidance and counseling on health and exercising is provided free of charge by the instructors of Sports Services. Instructors can also provide information about the different sports opportunities in Uusikaupunki, whether it's a private, sports club or city-organized activity.

The goal is to activate residents into actively exercising voluntarily on their own terms. Our instructors will help you getting started with finding a suitable form of exercise.

Counseling service do not include rehabilitation services.

Exercise counseling is available to all residents of Uusikaupunki of all ages. The service is aimed toward people who are not used to exercise and who are considering starting exercising for health benefits.

There is also a possibility of counseling remotely. You can contact us if you need help starting exercising or finding a suitable form of exercise. Feel free to contact our instructors and ask for help!

Feel free to contact us!

liikuntaneuvonta@uusikaupunki.fi

Phone: 050 557 9103

Exercise Tips

For tips on different exercises you can do, visit

<https://uusikaupunki.fi/liikuntavinkit>



Gyms

Uusikaupunki has a variety of gyms for people of all ages and levels of fitness.

Swimming Hall's Gym



Prices

- Adults 4,00 €
- Students 2,50 €
- 10 tickets 35,00 €
- One Month 40,00 €
- Gym and Swimming 2,00 € + Swimming Fee

Open hours

Mon	11:30 am – 9:30 pm
Tue	6 am – 9:30 pm
Wed	11 am – 9:30 pm
Thu	6 am – 12 pm, 2 pm – 9:30 pm
Fri	11:30 am – 9:30 pm
Sat/Sun	12 pm – 5:30 pm

Closed during summer

Address: Koulupolku 5, 23500 Uusikaupunki



HyVa
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Kalanti's Gym



Address: Urheilutie 2, 23600 Uusikaupunki

Located on the premises of the high school.

Open Hours: Monday to Sunday 6 am – 9 pm

Lokalahti's Gym



Address: Erkontie 57, 23450 Uusikaupunki

Located in the primary school's sports facilities.

Open Hours: Monday to Sunday 6 am – 9 pm

Tickets to both Kalanti and Lokalahti are sold at Uusikaupunki's Swimming Hall

Prices:

- Month 15,00 € (Students/Seniors 10,00 €)
- Six Months 37,50 € (Students/Seniors 35,00 €)
- Year 75,00 € (Students/Seniors 70,00 €)

For more information on tickets and access, call 050 420 5203



HyVa
LIIKUNTAPALVELUT

Sports Facilities

Uusikaupunki has 14 different indoor sports facilities for diverse sports activities. You can find more detailed information about all the facilities in their own demo page. Reservations for the facilities can be booked through the Julius Reservation System.

Haapaniemi

- Dimensions: Length 22 meters, Width 11 meters. Area: 242 square meters.
- Halves: Length 11 meters, Width 11 meters. Area: 121 square meters (2)
- Floor material: Plastic
- Courts: Basketball, Volleyball, Badminton, Floorball

Address:

Sundholmantie 76, 23500 Uusikaupunki

Hakametsä

- Dimensions: Length 25 meters, Width 14 meters. Area: 356 square meters.
- Halves: Length 12,5 meters, Width 14 meters. Area: 178 square meters (2)
- Floor material: Plastic
- Courts: Basketball, Volleyball, Badminton, Floorball

Address:

Tammitie 8-10, 23500 Uusikaupunki

Kalanti

- Dimensions: Length 35 meters, Width 19 meters. Area: 665 square meters.
- Halves: Length 17,5 meters, Width 19 meters. Area: 332,5 square meters (2)
- Floor material: Plastic
- Courts: Basketball, Volleyball, Badminton, Floorball, Tennis, Futsal, Handball

Address:

Urheilutie 2, 23600 Uusikaupunki

Lokalahti

- Dimensions: Length 23 meters, Width 12 meters. Area: 276 square meters.
- Halves: Length 11,5 meters, Width 12 meters. Area: 138 square meters (2)
- Floor material: Wood
- Courts: Basketball, Volleyball, Badminton, Floorball and a stage.

Address:

Erkontie 57, 23450 Uusikaupunki



Männäinen

- Dimensions: Length 19 meters, Width 9,5 meters. Area: 180 square meters.
- Floor material: Plastic
- Courts: Basketball, Volleyball, Badminton, Floorball

Address:

Astalankuja 4, 23600 Uusikaupunki

Pohitulli's Combat Gym

- Boxing Ring
- Combat Sports

Address:

Pohjoistullitie 3, 23500 Uusikaupunki

Pohitulli's Basketball Court/Uusikaupunki Areena

- Dimensions: Length 40 meters, Width 25 meters. Area: 1000 square meters.
- Halves: Length 13,3 meters, Width 25 meters. Area: 332,5 square meters (3)
- Floor material: Wood
- Courts: Basketball, Handball, Volleyball, Badminton, Futsal, Floorball

Address:

Pohjoistullitie 3, 23500 Uusikaupunki

Pohitulli's Basketball Court/Uusikaupunki Areena

- Dimensions: Length 40 meters, Width 25 meters. Area: 1000 square meters.
- Halves: Length 13,3 meters, Width 25 meters. Area: 332,5 square meters (3)
- Floor material: Wood
- Courts: Basketball, Handball, Volleyball, Badminton, Futsal, Floorball

Address:

Pohjoistullitie 3, 23500 Uusikaupunki

Pohitulli's Ballroom

- For group and dance exercise
- The space has multiple mirrors

Address:

Pohjoistullitie 3, 23500 Uusikaupunki

Pyhämaa

- Dimensions: Length 22 meters, Width 11 meters. Area: 242 square meters.
- Halves: Length 11 meters, Width 11 meters. Area: 121 square meters (2)
- Floor material: Plastic
- Courts: Basketball, Volleyball, Badminton, Floorball

Address:

Mäkitarhantie 22, 23930 Uusikaupunki



Saarnisto's Ball Court

- Dimensions: Length 22 meters, Width 11 meters. Area: 242 square meters.
- Halves: Length 11 meters, Width 11 meters. Area: 121 square meters (2)
- Floor material: Wood
- Courts: Basketball, Volleyball, Badminton. No Floorball!

Address:

Santtiontie 17, 23500 Uusikaupunki

Saarnisto's Wrestling Gym

- Used for wrestling
- Floor: Wrestling mat

Address:

Santtiontie 17, 23500 Uusikaupunki

Seikow

- Dimensions: Length 14 meters, Width 10 meters. Area: 140 square meters.
- Floor material: Wood
- Courts: Basketball, Volleyball, Badminton, Floorball (for children)

Address:

Vuorikatu 11, 23500 Uusikaupunki

Swimming Hall's Judo Ring

- Combat sports
- Aerobics
- Floor: Tatami

Address: Koulupolku 5, 23500 Uusikaupunki

Viikainen

- Dimensions: Length 19 meters, Width 20 meters. Area: 380 square meters.
- Halves: Length 19 meters, Width 10 meters. Area: 190 square meters (2)
- Floor material: Wood
- Courts: Basketball, Volleyball, Floorball and a stage

Due to the Matriculation Examination, the facility is not in sports use in the fall and spring during the examinations.

Address:

Viikaistenkatu 3, 23500 Uusikaupunki



Sports Facility Reservation

Sports Services manage and maintain school facilities used for teaching on weekdays from 4 pm to 10 pm, also during the weekends and summer.

Haapaniemi and Seikow are open from 8 am to 10 pm.

The application period for annual standard shifts is by the end of May. Reservations are granted in June.

All standard shifts must be applied for. Available shifts can be applied for all year around.

Use of Sports Facilities is subject to a charge for each hour of use. Tournaments, games and matches are also subject to a fee (standard shift rate). Valid VAT is added to the fee, except for associations for which VAT is included in the standard fee. For concerts, trade fairs and flea markets organized by local associations, etc., the hourly rate is the standard rate for the entire reservation

Applying for a reservation

Reservations are applied for using the reservation system, where you log in your own IDs.

NOTE! Sports Services must approve the reservation application before the shift is available to you. (Applications are only accepted during weekdays).

Paying the Shift Reservation

You can pay for your reservation via bill or at the Swimming Hall cashier.

Some facilities has an online payment option, read more here:

Sports Fields and Ice Rink

Through the Julius reservation system, you can also reserve shifts for the ice rink and sports fields. There are 12 different outdoor fields in Uusikaupunki that are in the system.

Inquiries (on weekdays):

Outi Soininen

Phone: 050 383 5303

Enter Julius Reservation System at:

<https://juliusvaraus.fi/julius/faces/julius/public/unitsAndTargets.jspx?companyId=98>



Ice Rink

The ice rink finished construction in 1977. Renovations to the building were done 2006-2007. Sport Services are responsible for the operations.

The ice rink is used by schoolchildren and daycares during the day, and from late afternoon until late in the evening it's used by Jää-Kotkat and other ice sports enthusiasts.

Facilities: The measurements of the ice rink are 60 meters by 29 meters. There are 5 changing rooms, 500 seats in the audience and there is also a warm café space.

Lions Club Uusikaupunki made a donation, which provided dozens of skates and helmets for free use to at the ice rink, which can be borrowed for children, for example, for public skating and daycare skating lessons.

Public skating is mainly on Sundays from 10:30 am to 11:30 am. Hockey matches can change the schedule. Check for more information on the Jää-Kotkat homepage.

It's also possible to organize separate events at the ice rink!

Standard shifts for the ice rink must be applied for by May 31st for the following semester.

www.jaakotkat.fi

Enter Julius Reservation System at:

<https://julusvaraus.fi/julus/faces/julus/public/unitsAndTargets.jsp?companyId=98>

Address:

Koulupolku 1, 23500 Uusikaupunki

Outdoor Sports

Uusikaupunki offers a wide range of outdoor sports from athletics field and volleyball courts to frisbee golf. There are also several different hiking destinations in our area.

There are also many nature trails and running trails that are marked so even inexperienced hikers can experience the nature of the area.

The nearest lean-tos in Hiu and Kasarminlathi, as well as a campfire site in Vionpuhti, are all also easily accessible to hikers due to their close vicinity to the city center. Barbecue shelters and huts have also been built for hikers. The nearest barbecue shelter is on the beach of Karhuluoto which is about 8 kilometers away from city center via highway or cycle path.

Special Needs and Health Exercise

In Uusikaupunki, there are many opportunities for special needs and health exercise. It's made possible by Pensioners Associations, Public Health and Disability Association, Vakka-Suomi Adult Education Centre and the city's Sports Services.

By special needs exercise we mean the exercise of persons who, due to injury, illness or other disability or social situation, find it difficult to participate in the forms of exercise that is generally available and whose exercise requires more specific arrangements or special skills.

There are also many different levels of water aerobics classes.

For more information contact:

liikuntaneuvonta@uusikaupunki.fi

Phone: 050 557 9103





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