1.WILMA/HELMI message

**JOY AND EXERCISE – SUPER FUN!**

**After school sport club (edit name) will start at the Riihikallio school (edit school)**

In week 37 (edit) at the Riihikallio school (edit) the after school exercise club (edit) will start. The club will offer easy exercise activity for primary school children in connection with their school days. The club activity which is carried out in cooperation between the school and local societies (edit organization) will last 10 weeks in the autumn and 10 weeks in the spring (edit) and it will be arranged on two (edit) afternoons a week for 3. to 4. class (edit) children. The aim of the Lasten Liike activity is to make it possible for as many children as possible to play and exercise in connection with their school days. All children are welcome to participate in the activity, no special skills or abilities are required. Joy and enthusiasm are the main things!

**Many kinds of exercise**

The after school exercise club (edit name) will mainly be arranged in the school environment familiar to the children. A few times, however, it will take place in the Urheilukeskus ice arena (edit according to where to be arranged). The children will be driven by bus from the school and back (edit if necessary or delete if not). The children will be instructed by qualified instructors from local organizations and sports clubs (edit organizations if necessary or add society/association names if you like). In the club activities, the children will be able to try athletics, orienteering, judo and dance (edit sports or forms of exercise to be correct).

The Lasten Liike exercise club (edit name) will be arranged on Tuesdays and Thursdays (edit days).

1. Club time is 14-15 Tuesdays and Thursdays (edit days and times), and it is intended for 3. class children (edit class).
2. Club time is 15-16 Tuesdays and Thursdays (edit days and times), and it is intended for 4. class children (edit class).

**Parents do not have to pay (edit if the club activity involves a small participation fee, e.g.: The activity is very inexpensive for parents) for the Lasten Liike exercise club (edit name)**

The club activity does not involve costs for parents (edit if there is a small participation fee, e.g. For the club activity, parents have to pay a reasonable 20€ participation fee per term.). The fee is to be paid when the child is entered for the club (edit or delete). The Lasten Liike exercise club (edit name) is organized with support from Lasten Liike iltapäivät whose financing comes from Finnish enterprises through the Olympic committee and regional sports organizations to local organizations.

All children participating in the activity are insured through the Olympic committee with an accident insurance for groups.

**Enter your child for the club activity**

Enter your child for a club at: <https://www.lastenliikeiltapaiva.fi>. An entry is binding and should be done by 25.8.2018 (edit date). One club can take 20 children (edit) and it is filled mainly in order of entering. In certain cases, priority can be given to children who have not yet taken up sports or exercise, if there are more applicants than the club can take (edit if necessary). A child is entered for the entire club and primarily for the entire school year. Before club activities start, parents will receive a message confirming that their child has become a member of the club.

**Introduction of the activity in the school** (delete this passage if no introduction is arranged 🡪 it is recommended that an introduction be arranged!)

Societies and associations (edit organizations) are coming to the school to introduce themselves and to give the children a test lesson on Wednesday 19.8.2018 from 9 to 11 a.m. (edit date and time). Guided by a teacher, the children will be able to acquaint themselves with the organizations arranging the activities and also with the sports (edit). The children will also be given the club booklets and timetables with detailed information about the afternoon club (edit or delete).

**More information about Lasten Liike programme**

You will find more details about the Lasten Liike programme at <https://www.lastenliikeiltapaiva.fi>. (OR Enter the URL of the specific exercise group)

You will also find Lasten Liike on Facebook, and by liking it you will get into topical news and events.

**ENTER YOUR CHILD FOR THE VERSATILE AND INTERESTING EXERCISE CLUB (edit name)!**

Ask for more information about the activities: Name, organization, phone, email(edit details)

2.WILMA/HELMI message (reminder for parents)

**THE AFTER SCHOOL EXERCISE CLUB WILL SOON OPEN!**

Don’t forget to enter your child/children for the Lasten Liike exercise club (edit name)!

The deadline for entering is 25.8.2017 (edit date).

**There will be joy and exercise in harmony with the children’s own abilities**

Lasten Liike afternoon activities are arranged at the school on Tuesdays and Thursdays from 2 to 4 p.m. (14-16) (edit dates and times). The earlier club lesson(14-15) is intended for 3. class children, and the later club lesson (15-16) is for 4. class children (edit times and age groups). The activities are easy and open for all. Afternoon activities are arranged mainly in the school environment familiar to the children, and the instructors are qualified instructors from local associations. During the club period, the children will be able to try judo, scouting, orienteering and athletics (edit sports/forms of exercise).

Participation is free of charge/very inexpensive for parents (edit / delete one of the two).

**Let your child participate in interesting and versatile afternoon activities**

Enter your child with the web form at [www.lastenliikeiltapaiva.fi](http://www.lastenliikeiltapaiva.fi). (OR Enter the URL of the specific exercise group)

**Activities possible with support from Lasten Liike**

Lasten Liike afternoon activities is a joint effort by exercise and sports organizations, associations, schools, municipalities and enterprises to make children take more exercise. The great vision is to make it possible for all children to get exercise in connection with their school days. With support from cooperating enterprises, we can cover the expenses of the activities. You will find details, topical news and announcements at [www.lastenliikeiltapaiva.fi](http://www.lastenliikeiltapaiva.fi).

**More information about the activity**

Name, organization, phone, email(edit details)