

# 2016

AITZI

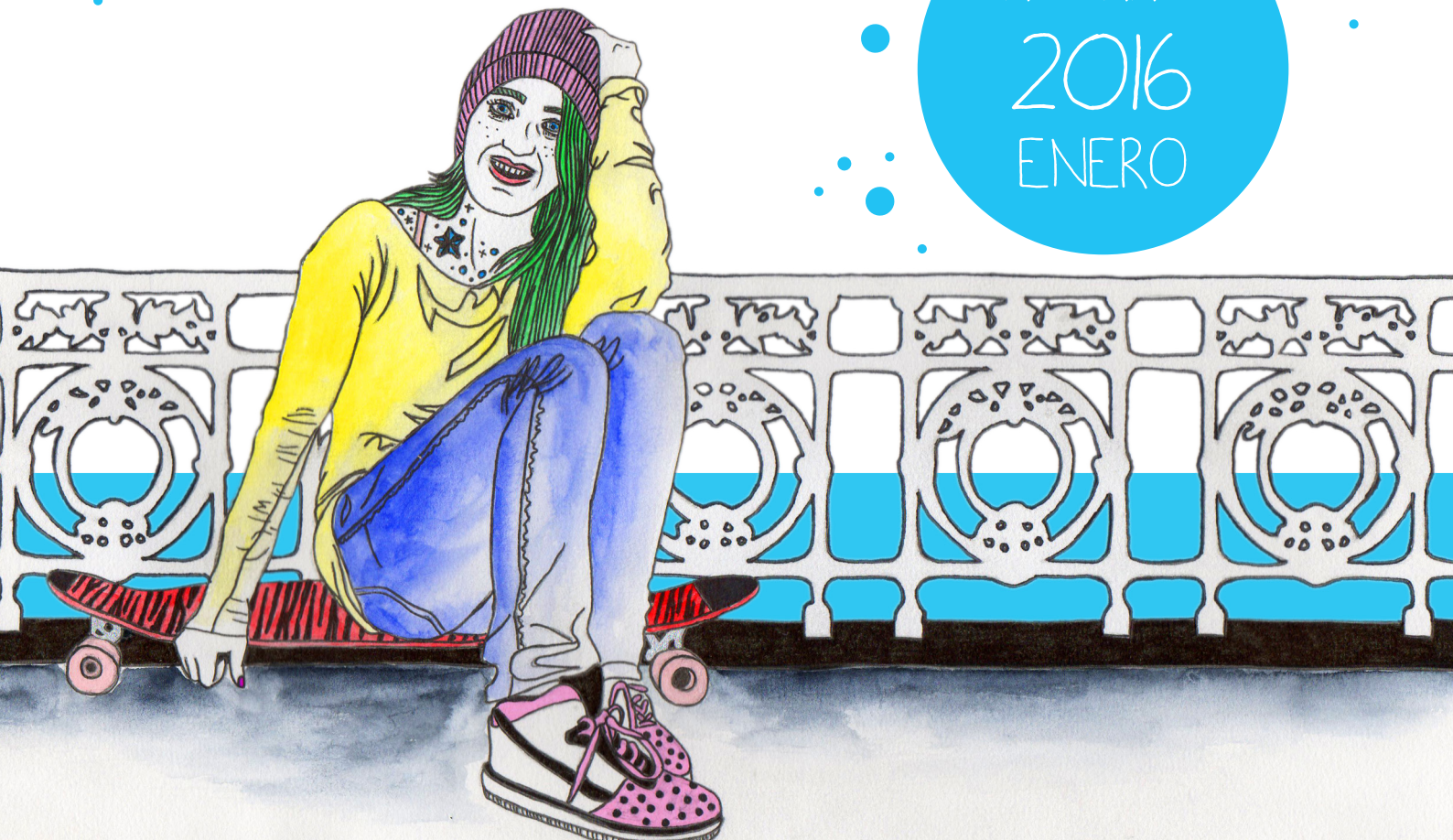


Donostiako Udala  
Ayuntamiento de San Sebastián

Berdintasun Bulegoa  
Negociado de Igualdad

EMAK

URTARRILA  
2016  
ENERO



# 2016 URTARRILA - ENERO

ASTE/LUN

ASTEAR/MAR

ASTEAZ/MIE

OSTE/JUE

OSTIR/VIER

LARUN/SAB

IGAN/DOM

|                 |    |    |    |    |                 |                 |
|-----------------|----|----|----|----|-----------------|-----------------|
|                 |    |    |    | 1  | 2 <sup>D</sup>  | 3               |
| 4 <sup>👟</sup>  | 5  | 6  | 7  | 8  | 9               | 10 <sup>●</sup> |
| 11 <sup>👟</sup> | 12 | 13 | 14 | 15 | 16 <sup>D</sup> | 17              |
| 18 <sup>👟</sup> | 19 | 20 | 21 | 22 | 23              | 24 <sup>○</sup> |
| 25 <sup>👟</sup> | 26 | 27 | 28 | 29 | 30              | 31              |





OTSAILA  
2016  
FEBRERO



# 2016 OTSAILA - FEBRERO

| ASTE/LUN                                                                                                                                                              | ASTEAR/MAR | ASTEAZ/MIE | OSTE/JUE | OSTIR/VIER | LARUN/SAB | IGAN/DOM |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------|------------|----------|------------|-----------|----------|
|  1   | 2          | 3          | 4        | 5          | 6         | 7        |
|  8   | 9          | 10         | 11       | 12         | 13        | 14       |
|  15  | 16         | 17         | 18       | 19         | 20        | 21       |
|  22  | 23         | 24         | 25       | 26         | 27        | 28       |
|  29                                                                                  |            |            |          |            |           |          |



EMAK



emakirola@gmail.com

EMAK

MARTXOA  
2016  
MARZO



# 2016 MARTXOA - MARZO

| ASTE/LUN                                                                             | ASTEAR/MAR                                                                           | ASTEAZ/MIE                                                                           | OSTE/JUE                                                                             | OSTIR/VIER | LARUN/SAB | IGAN/DOM                                                                              |
|--------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------|------------|-----------|---------------------------------------------------------------------------------------|
|                                                                                      | 1   | 2                                                                                    | 3                                                                                    | 4          | 5         | 6  |
|  7   | 8   | 9   | 10                                                                                   | 11         | 12        | 13                                                                                    |
|  14  | 15  | 16                                                                                   | 17                                                                                   | 18         | 19        | 20                                                                                    |
|  21  | 22                                                                                   | 23  | 24                                                                                   | 25         | 26        | 27                                                                                    |
|  28 | 29                                                                                   | 30                                                                                   | 31  |            |           |                                                                                       |



EMAK



emakirola@gmail.com

EMAK





APRILA  
2016  
ABRIL

# 2016 APIRILA - ABRIL

ASTE/LUN

ASTEAR/MAR

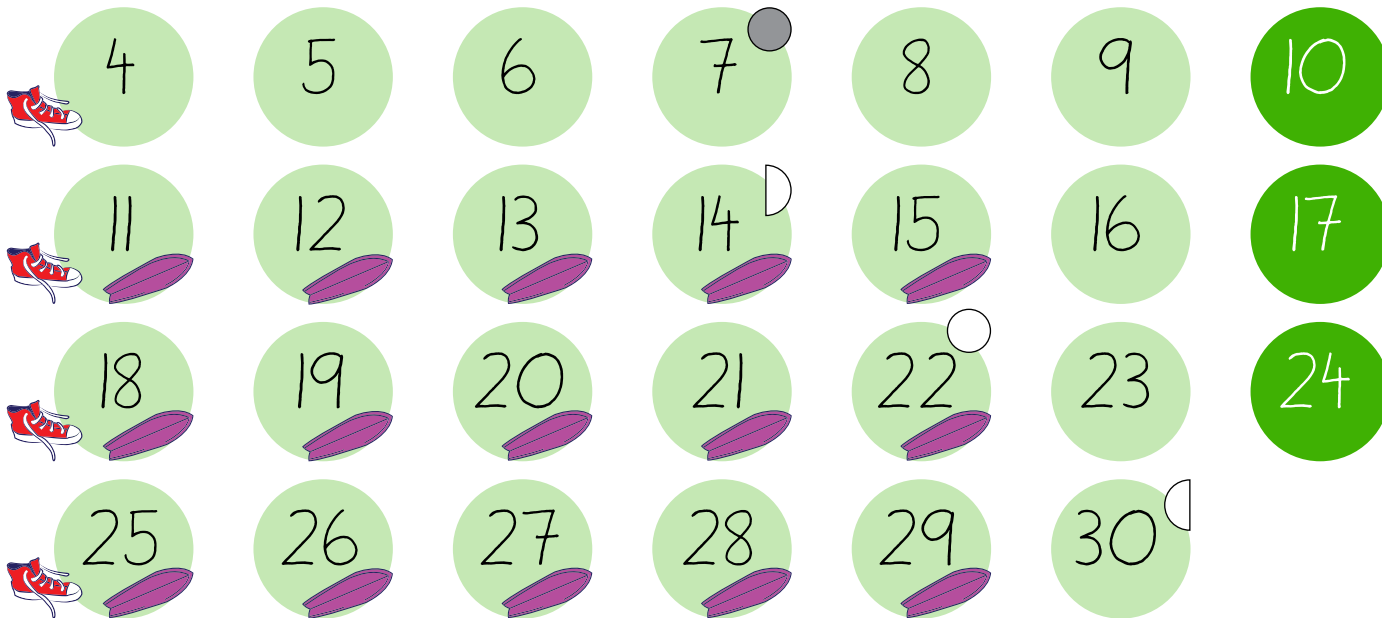
ASTEAZ/MIE

OSTE/JUE

OSTIR/VIER

LARUN/SAB

IGAN/DOM





MAIATZA  
2016  
MAYO

# 2016 MAIATZA - MAYO

ASTE/LUN

ASTEAR/MAR

ASTEAZ/MIE

OSTE/JUE

OSTIR/VIER

LARUN/SAB

IGAN/DOM



2



3



4



5



6



7



8



9



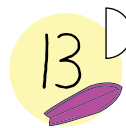
10



11



12



13



14



15



16



17



18



19



20



21



22



23



24



25



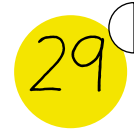
26



27



28



29



30



31



EMAK



1





EKAINA  
2016  
JUNIO

# 2016 EKAINA - JUNIO

| ASTE/LUN                                                                                                                                                               | ASTEAR/MAR                                                                           | ASTEAZ/MIE                                                                           | OSTE/JUE                                                                             | OSTIR/VIER                                                                            | LARUN/SAB                                                                              | IGAN/DOM                                                                               |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------|
|                                                                                                                                                                        |                                                                                      | 1                                                                                    | 2                                                                                    | 3                                                                                     | 4                                                                                      | 5   |
|  6                                                                                     | 7                                                                                    | 8                                                                                    | 9                                                                                    | 10                                                                                    | 11                                                                                     | 12  |
|  13                                                                                    | 14                                                                                   | 15                                                                                   | 16                                                                                   | 17                                                                                    | 18                                                                                     | 19                                                                                     |
|  20   | 21  | 22  | 23  | 24  | 25  | 26                                                                                     |
|  27  | 28  | 29  | 30  |                                                                                       |                                                                                        |                                                                                        |

UZTAILA  
2016  
JULIO



# 2016 UZTAILA - JULIO

ASTE/LUN

ASTEAR/MAR

ASTEAZ/MIE

OSTE/JUE

OSTIR/VIER

LARUN/SAB

IGAN/DOM

|                                                                                          |                                                                                                                                                                               |                                                                                          |                                                                                          |                                                                                           |                                                                                            |                                                                                            |
|------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------|
|                                                                                          |                                                                                                                                                                               |                                                                                          |                                                                                          | 1<br>   | 2                                                                                          | 3                                                                                          |
| 4<br>   | 5                                                                                                                                                                             | 6                                                                                        | 7                                                                                        | 8                                                                                         | 9                                                                                          | 10                                                                                         |
| 11                                                                                       | 12<br>                                                                                       | 13                                                                                       | 14                                                                                       | 15                                                                                        | 16                                                                                         | 17                                                                                         |
| 18<br>  | 19<br><br>  | 20<br>  | 21<br>  | 22<br>  | 23<br>  | 24<br>  |
| 25<br> | 26<br><br> | 27<br> | 28<br> | 29<br> | 30<br> | 31<br> |



ABUZZTUA  
2016  
AGOSTO



# 2016 ABUZZTUA - AGOSTO

| ASTE/LUN | ASTEAR/MAR     | ASTEAZ/MIE      | OSTE/JUE        | OSTIR/VIER | LARUN/SAB | IGAN/DOM |
|----------|----------------|-----------------|-----------------|------------|-----------|----------|
| 1        | 2 <sup>●</sup> | 3               | 4               | 5          | 6         | 7        |
| 8        | 9              | 10 <sup>☾</sup> | 11              | 12         | 13        | 14       |
| 15       | 16             | 17              | 18 <sup>☾</sup> | 19         | 20        | 21       |
| 22       | 23             | 24              | 25 <sup>☾</sup> | 26         | 27        | 28       |
| 29       | 30             | 31              |                 |            |           |          |

IRAILA  
2016  
SEPTIEMBRE



# 2016 IRLA - SEPTIEMBRE

ASTE/LUN

ASTEAR/MAR

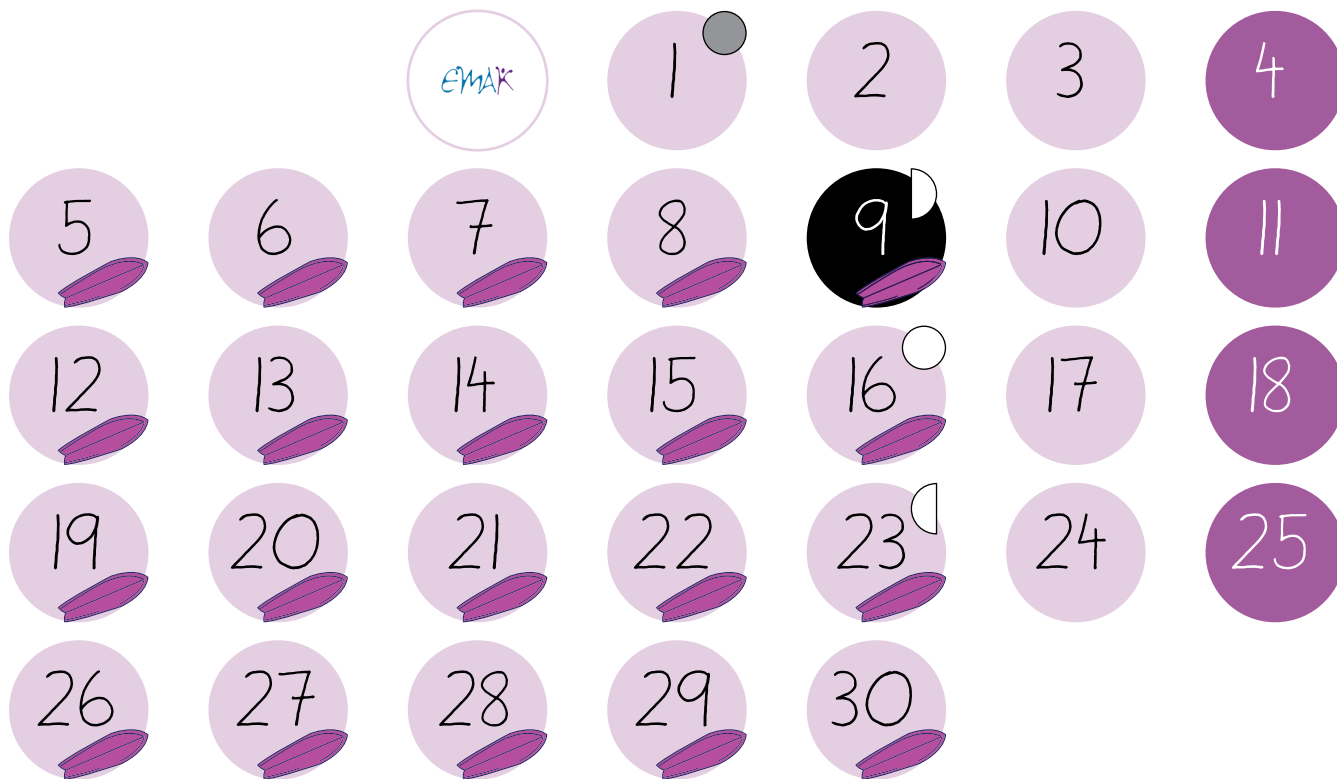
ASTEAZ/MIE

OSTE/JUE

OSTIR/VIER

LARUN/SAB

IGAN/DOM







URRIA  
2016  
OCTUBRE

# 2016 URRIA - OCTUBRE

ASTE/LUN

ASTEAR/MAR

ASTEAZ/MIE

OSTE/JUE

OSTIR/VIER

LARUN/SAB

IGAN/DOM

|                                                                                      |                                                                                      |                                                                                      |                                                                                      |                                                                                       |                                                                                        |                                                                                        |
|--------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------|
|                                                                                      |                                                                                      |                                                                                      |                                                                                      |                                                                                       | 1   | 2                                                                                      |
| 3   | 4   | 5   | 6   | 7   | 8                                                                                      | 9   |
| 10  | 11  | 12  | 13  | 14  | 15                                                                                     | 16  |
| 17  | 18  | 19  | 20  | 21  | 22  | 23                                                                                     |
| 24                                                                                   | 25                                                                                   | 26                                                                                   | 27                                                                                   | 28                                                                                    | 29                                                                                     | 30  |
| 31                                                                                   |                                                                                      |                                                                                      |                                                                                      |                                                                                       |                                                                                        |                                                                                        |



AZAROA  
2016  
NOVIEMBRE

# 2016 AZAROA - NOVIEMBRE

ASTE/LUN

ASTEAR/MAR

ASTEAZ/MIE

OSTE/JUE

OSTIR/VIER

LARUN/SAB

IGAN/DOM

|                 |                 |    |    |    |    |    |
|-----------------|-----------------|----|----|----|----|----|
|                 | 1               | 2  | 3  | 4  | 5  | 6  |
| 7 <sup>D</sup>  | 8               | 9  | 10 | 11 | 12 | 13 |
| 14 <sup>O</sup> | 15              | 16 | 17 | 18 | 19 | 20 |
| 21 <sup>D</sup> | 22              | 23 | 24 | 25 | 26 | 27 |
| 28              | 29 <sup>O</sup> | 30 |    |    |    |    |





ABENDUA  
2016  
DICIEMBRE

# 2016 ABENDUA - DICIEMBRE

ASTE/LUN

ASTEAR/MAR

ASTEAZ/MIE

OSTE/JUE

OSTIR/VIER

LARUN/SAB

IGAN/DOM

|    |    |                 |                 |    |    |    |
|----|----|-----------------|-----------------|----|----|----|
|    |    |                 | 1               | 2  | 3  | 4  |
| 5  | 6  | 7 <sup>D</sup>  | 8               | 9  | 10 | 11 |
| 12 | 13 | 14 <sup>O</sup> | 15              | 16 | 17 | 18 |
| 19 | 20 | 21 <sup>D</sup> | 22              | 23 | 24 | 25 |
| 26 | 27 | 28              | 29 <sup>O</sup> | 30 | 31 |    |

# KIROL EKINTZAK ETA DATAK // ACTIVIDADES DEPORTIVAS Y FECHAS

| IRUDIA                                                                            | DATA / FECHA                                                                            | EKINTZA / ACTIVIDAD                                                                                                                                                  | LEKUA / LUGAR                                                                        | ANTOLATZAILEA                         | KONTAKTUA                                          |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------|---------------------------------------|----------------------------------------------------|
|   | Urria 2015 - ekaina 2016, astean 2 egun<br>Octubre 2015 - junio 2016, 2 días por semana | Emakumeentzat korrikako entrenamenduak (hasiberriak zein esperientzia dunak)<br><i>Entrenamientos running para mujeres (recién iniciadas y experimentadas)</i>       | Donostia, Hondarribia, Irun, Tolosa, etab.                                           | CD Fortuna KE                         | fortuna@cdfortunake.com<br>943 421 133             |
|    | Martxoak 6<br>6 de marzo                                                                | Lilatoia<br><i>Lilaton</i>                                                                                                                                           | Donostia                                                                             | Club Atlético de San Sebastián        | lilaton@lilaton.es<br>943 473 722                  |
|   | Apirilak 11 - Maiatzak 27<br>11 de abril - 27 de mayo                                   | Emakumea Surflari SAIOAK<br><i>SESIONES Emakumea Surflari</i>                                                                                                        | Zarautz                                                                              | Gipuzkoako Surf Federazioa            | gsf@euskalsurf.com                                 |
|    | Maiatzak 27                                                                             | Women Outdoors: surf, padel surf, piragua, patinak, korrika, slackline, etab.<br><i>Women Outdoors: surf, padel surf, piragua, patines, carrera, slackline, etc.</i> | Donostia                                                                             | Avento                                |                                                    |
|   | 27 de mayo                                                                              | Emakumea Surflari TOPAKETA (Gipuzkoako Surf Federazioa)<br><i>ENCUENTRO Emakumea Surflari (Federación Surf de Guipúzcoa)</i>                                         | San Sebastián                                                                        | Bizi Biziki                           |                                                    |
|   | Maiatza<br>Mayo                                                                         | Arraun ikastaroa<br><i>Curso de remo</i>                                                                                                                             | Gipuzkoako kostan (lekua zehazteko)<br><i>Costa Gipuzkoana (lugar por concretar)</i> | Koordinatzailea Emak<br>Coordina Emak | emakirola@gmail.com                                |
|   | Ekainak 21-24<br>21 - 24 de junio                                                       | Emakume piraguitak (lehen txanda)<br><i>Mujeres piragüistas (primer turno)</i>                                                                                       | Donostia                                                                             | Gipuzkoako Piraguismo Federazioa      | piraguismoa@kirolak.net<br>943 445 103             |
|    | Ekainak 25<br>25 de junio                                                               | Emakumeen Triatloia<br><i>Triatlón de mujeres</i>                                                                                                                    | Donostia                                                                             | Club Atlético de San Sebastián        | atletico-ss@atletico-ss.org<br>943 473 722         |
|   | Ekainak 28 - Uztailak 1<br>28 de junio - 1 de julio                                     | Emakume piraguitak (bigarren txanda)<br><i>Mujeres piragüistas (segundo turno)</i>                                                                                   | Donostia                                                                             | Gipuzkoako Piraguismo Federazioa      | piraguismoa@kirolak.net<br>943 445 103             |
|   | Uztailako bigarren hamabostaldia<br><i>Segunda quincena de julio</i>                    | Emakumeen pala txapelketa<br><i>Campeonato de pala de mujeres</i>                                                                                                    | Zarautz                                                                              | CD Zarautz KE                         | etiam_191@hotmail.com<br>943 831 463 / 670 890 305 |
|   | Iraila<br>Septiembre                                                                    | Esku pilota ikastaroa<br><i>Curso de pelota vasca</i>                                                                                                                | Hernani                                                                              | Koordinatzailea Emak<br>Coordina Emak | emakirola@gmail.com                                |
|  | Irailak 5 - Urriak 21<br>5 de septiembre - 21 de octubre                                | Emakumea Surflari SAIOAK<br><i>SESIONES Emakumea Surflari</i>                                                                                                        | Zarautz                                                                              | Gipuzkoako Surf Federazioa            | gsf@euskalsurf.com                                 |

# 2017

## URTARRILA - ENERO

|    |    |    |    |    |    |    |
|----|----|----|----|----|----|----|
|    |    |    |    |    |    | 1  |
| 2  | 3  | 4  | 5  | 6  | 7  | 8  |
| 9  | 10 | 11 | 12 | 13 | 14 | 15 |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| 23 | 24 | 25 | 26 | 27 | 28 | 29 |
| 30 | 31 |    |    |    |    |    |

## OTSAILA - FEBRERO

|    |    |    |    |    |    |    |   |
|----|----|----|----|----|----|----|---|
|    |    |    | 1  | 2  | 3  | 4  | 5 |
| 6  | 7  | 8  | 9  | 10 | 11 | 12 |   |
| 13 | 14 | 15 | 16 | 17 | 18 | 19 |   |
| 20 | 21 | 22 | 23 | 24 | 25 | 26 |   |
| 27 | 28 |    |    |    |    |    |   |

## MARTXOA - MARZO

|    |    |    |    |    |    |    |   |
|----|----|----|----|----|----|----|---|
|    |    |    | 1  | 2  | 3  | 4  | 5 |
| 6  | 7  | 8  | 9  | 10 | 11 | 12 |   |
| 13 | 14 | 15 | 16 | 17 | 18 | 19 |   |
| 20 | 21 | 22 | 23 | 24 | 25 | 26 |   |
| 27 | 28 | 29 | 30 | 31 |    |    |   |

## APIRILA - ABRIL

|    |    |    |    |    |    |    |   |
|----|----|----|----|----|----|----|---|
|    |    |    |    |    |    | 1  | 2 |
| 3  | 4  | 5  | 6  | 7  | 8  | 9  |   |
| 10 | 11 | 12 | 13 | 14 | 15 | 16 |   |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 |   |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 |   |

## MAIATZA - MAYO

|    |    |    |    |    |    |    |
|----|----|----|----|----|----|----|
| 1  | 2  | 3  | 4  | 5  | 6  | 7  |
| 8  | 9  | 10 | 11 | 12 | 13 | 14 |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| 29 | 30 | 31 |    |    |    |    |

## EKAINA - JUNIO

|    |    |    |    |    |    |    |
|----|----|----|----|----|----|----|
|    |    |    | 1  | 2  | 3  | 4  |
| 5  | 6  | 7  | 8  | 9  | 10 | 11 |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| 26 | 27 | 28 | 29 | 30 |    |    |

## UZTAILA - JULIO

|    |    |    |    |    |    |    |   |
|----|----|----|----|----|----|----|---|
|    |    |    |    |    |    | 1  | 2 |
| 3  | 4  | 5  | 6  | 7  | 8  | 9  |   |
| 10 | 11 | 12 | 13 | 14 | 15 | 16 |   |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 |   |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 |   |
| 31 |    |    |    |    |    |    |   |

## ABUZTUA - AGOSTO

|    |    |    |    |    |    |    |   |   |
|----|----|----|----|----|----|----|---|---|
|    |    |    | 1  | 2  | 3  | 4  | 5 | 6 |
| 7  | 8  | 9  | 10 | 11 | 12 | 13 |   |   |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 |   |   |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 |   |   |
| 28 | 29 | 30 | 31 |    |    |    |   |   |

## IRAILA - SEPTIEMBRE

|    |    |    |    |    |    |    |
|----|----|----|----|----|----|----|
|    |    |    |    | 1  | 2  | 3  |
| 4  | 5  | 6  | 7  | 8  | 9  | 10 |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| 25 | 26 | 27 | 28 | 29 | 30 |    |

## URRIA - OCTUBRE

|    |    |    |    |    |    |    |   |
|----|----|----|----|----|----|----|---|
|    |    |    |    |    |    |    | 1 |
| 2  | 3  | 4  | 5  | 6  | 7  | 8  |   |
| 9  | 10 | 11 | 12 | 13 | 14 | 15 |   |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 |   |
| 23 | 24 | 25 | 26 | 27 | 28 | 29 |   |
| 30 | 31 |    |    |    |    |    |   |

## AZAROA - NOVIEMBRE

|    |    |    |    |    |    |    |   |
|----|----|----|----|----|----|----|---|
|    |    |    | 1  | 2  | 3  | 4  | 5 |
| 6  | 7  | 8  | 9  | 10 | 11 | 12 |   |
| 13 | 14 | 15 | 16 | 17 | 18 | 19 |   |
| 20 | 21 | 22 | 23 | 24 | 25 | 26 |   |
| 27 | 28 | 29 | 30 |    |    |    |   |

## ABENDUA - DICIEMBRE

|    |    |    |    |    |    |    |   |   |
|----|----|----|----|----|----|----|---|---|
|    |    |    |    |    |    | 1  | 2 | 3 |
| 4  | 5  | 6  | 7  | 8  | 9  | 10 |   |   |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 |   |   |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 |   |   |
| 25 | 26 | 27 | 28 | 29 | 30 | 31 |   |   |



## OHARRAK / NOTAS

.....

.....

.....

.....

.....

.....

.....

.....

.....