



OPEN WATER SWIMMING COURSES 2019

IN KANGASALAN VESIJÄRVELLÄ VESANIEMESSÄ, address: Vesaniementie 15 / Kangasala

on course we train in a group open water swimming technique

breathing in open water

orienteering

freestyle stroke technique

start training in water and by the shore

swimming in a group

equipment

On the last course day we do long distance swim, about 1600 meters in lake Vesijärvi or in lake Onkijärvi. In Vesaniemi there is changing room, showers and between training we have breaks. Course participants can buy open water swimming equipments for special price: swimming goggles, caps, antifog spray for goggles, and safety boyus.

course 1	course 2	course 3	course 4	course 5	course 6	course 7
3.6 klo 7 – 8	10.6 klo 7 – 8	10.6 klo 17 – 18	16.6 klo 17 - 18	24.6 klo 16 – 17	1.7 klo 9 – 10	16.7 klo 8 – 9
4.6 klo 7 – 8	11.6 klo 7 – 8	11.6 klo 17 – 18	17.6 klo 7 – 8	25.6 klo 8 – 9	2.7 klo 17 – 18	17.7 klo 8 – 9
5.6 klo 7 – 8	12.6 klo 7 – 8	12.6 klo 17 – 18	18.6 klo 17 – 18	26.6 klo 16 – 17	3.7 klo 17 – 18	18.7 klo 8 – 9
6.6 klo 7 – 8	13.6 klo 7 – 8	13.6 klo 17 – 18	19.6 klo 7 – 8	27.6 klo 8 - 9	4.7 klo 8 – 9	19.7 klo 8 - 9

price for the course: 60 e / swimmer

there is 10 places for swimmers each course

to get in the course send e-mail simo.hillo@pedart.fi p. 0400 594 385

www.pedart.fi/valmennus/otetta-veteen/