



OPEN WATER SWIMMING COURSES 2018

IN KANGASALAN VESIJÄRVELLÄ VESANIEMESSÄ, address: Vesaniementie 15 / Kangasala

on course we train in a group open water swimming technique

breathing in open water
technique

orienteering

freestyle stroke

start training in water and by the shore swimming in a group equipment

On 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, turvakellukkeita and safety boyu. Varusteita voit hankkia myös etukäteen:
<http://www.kangasalatriathlon.fi/kauppa/>

course I	course II	course III	course IV	course V	course VI
11.6 mon 7 – 8	11.6 mon 17 – 18	24.6 sun 17 - 18	3.7 tue 16 – 17	7.7 sat 9 – 10	1.8 wed 11 – 12
12.6 tue 7 – 8	12.6 tue 17 – 18	25.6 mon 7 – 8	4.7 wed 9 – 10	8.7 sun 17 – 18	2.8 thu 11 - 12
13.6 wed 7 – 8	13.6 wed 17 – 18	26.6 tue 17 – 18	5.7 thu 16 – 17	9.7 mon 17 – 18	3.8 fri 11 – 12
14.6 thu 7 – 8	14.6 thu 17 – 18	27.6 wed 7 – 8	6.7 fri 9 - 10	10.7 tue kello 8 – 9	4.8 sat 11 – 12

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/