



## *Swim Instruction by Emma Igelström - Training program 20 june-7 july 2018*

Date	Time	Session
Thu 21 jun // 28 jun 2018	09.30-10.00	Meeting and organizing of groups and levels (meeting at 25 m pool area)
	17.00-17.30	Going through the basics
Fri 22 jun // 29 jun 2018	08.30-09.30	Swim - Crawl Basic
	09.30-10.30	Swim - Intermediate
Sat 23 jun // 30 jun 2018	08.30-09.30	Swim - Crawl Basic
	09.30-10.30	Swim - Intermediate
	15:00-16:00	Aquathlon 1 km run // 200 m Swim // 1 km run
Sun 24 jun // 1 jul 2018	08.30-09.30	Swim - Crawl Basic
	09.30-10.30	Swim - Intermediate
	17.00-18.00	Meeting and organizing of groups and levels (meeting at 25 m pool area)
Mon 25 jun // 2 jul 2018	08.30-09.30	Swim - Crawl Basic
	09.30-10.30	Swim - Intermediate
Tue 26 jun// 3 jul 2018	08.30-09.30	Swim - Crawl Basic
	09.30-10.30	Swim - Intermediate
Wed 27 jun //	08.30-09.30	Swim - Crawl Basic
	09.30-10.30	Swim - Intermediate

Meetingarea: see above

All training sessions takes place in the 25 m pool

All training is FREE OF CHARGE. Meeting area is written after each class above. Please bring swim cap and goggles as well as proper swim clothes. Bring drinking water. Please be aware that all instructions are held in Swedish & English and all activities or use of facilities are at your own risk. Minimum age for participation 15 years. Limited space in classes. You need to take part of the welcome meeting to participate.

**Emma Igelström**

Igelström took five Worlcup -gold, 1 WC-silver, 12 EC-gold, 2 EC-silver & 3 EC-brons during her swim career