



## Swim Instruction by Emma Igelström - Training program 27 oct – 3 nov 2019

Date	Time	Session
Sun 27 oct 2019	17.00-18.00	Meeting and organizing of groups and levels (meeting at 25 m pool area)
	17.00-17.30	Going through the basics
Mon 28 oct 2019	08.30-09.30	Swim - Crawl Basic
	09.30-10.30	Swim - Intermediate
Tue 29 oct 2019	08.30-09.30	Swim - Crawl Basic
	09.30-10.30	Swim - Intermediate
Wed 30 nov 2019	08.30-09.30	Swim - Crawl Basic
	09.30-10.30	Swim - Intermediate
Thu 31 nov 2019	08.30-09.30	Swim - Crawl Basic
	09.30-10.30	Swim - Intermediate
Fri 1 nov 2019	08.30-09.30	Swim - Crawl Basic
	09.30-10.30	Swim - Intermediate
Sat 2 nov 2019	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
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