

Apian Avantouimarit ry

Valkeakoski



EFFECTS OF THE WINTER SWIMMING

Winter swimming is an effective stress reliever. It activates the nervous system and releases stress hormones simultaneously improving cold tolerance.

Balancing sympathetic nervous activity it improves your mood, as well as, mental resources. As a by-product, you'll sleep better in night and relaxation is guaranteed.

This hobby does not only strengthen your body but also improves your resistance to viruses and colds.

This is also a great social way to meet friends. No fancy equipment is needed which makes it quite inexpensive. In the sauna everyone is equal and friendly. Political or religious topics are usually avoided. Language problems are usually non-existent, if you just open your mouth and ask.

All in all, winter swimming keeps your body and mind refreshed.

Winter swimming competitions are also held if you are ambitious enough to push your limits and challenge yourself.

The lake freezes up approximately at the beginning of December staying frozen until March.

Easiest way to start winter swimming is to come with or without a friend to Apia winter swimming sauna.

If you are in doubt how to go about it, do not hesitate to ask others.



PRACTICALITIES

Prices:

Non-members: Single visit 5 €, 10 ticket booklet 45 €

Members: Single visit 3,5 €, 10 ticket booklet 30 €

Membership fee (year) 20 €

Season tickets for members (fall and spring) are sold separately. Membership with season ticket is the least expensive way to enjoy winter swimming if you are an active swimmer.

Opening hours:

From beginning of October until end of April

Tuesday 15.00 - 20.00
Thursday 15.00 - 20.00
Sunday 12.00 - 17.00

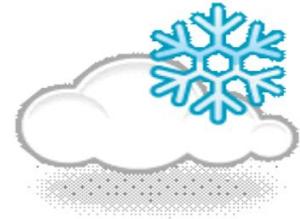
November - January

Tuesday 14.00 - 20.00
Thursday 14.00 - 20.00
Sunday 12.00 - 17.00

Signing up for membership:

A membership is not obligatory. You can sign up anytime at the sauna. Forms are available there and can be left there.

GENERAL INFORMATION



You should have a positive attitude, swimming suit, towel and soap with you. Many have also swimming shoes, hat, gloves, drinking bottle etc.

We have separate changing rooms for ladies and gentlemen.

Insert your payment (see prices) to the “piggy bank” and write your name to the book situated in the changing rooms. If you have purchased a ticket booklet, you need to write your name, date and time to the back of the individual ticket from the booklet and insert the ticket to the mailbox on the dressing room wall.

Put on your swimsuit and take your time bathing as you wish. Typically a winter swimming visit takes around 1 - 1,5 hours but you can stay as long as you wish.

Remember to drink plenty to avoid dehydration.

Please note that you are not insured by the organisers, do take care of your own freetime insurance.

Take care of your belongings. There are lockers in the corridor for safekeeping your valuables. Take all your belongings with you when you leave. Otherwise you may find them in the “Lost and Found”-bag hanging in the corridor. General tidiness is appreciated by the cleaners.

The doors are closed punctually by the guard, do take care that you are ready to leave by the closing time. Do not keep the guard waiting, as it may result in extra charges.

BEGINNERS' LIST



- Winter swimming is suitable for almost everyone. If you have problems with heart or blood pressure you should consult your doctor first
- Some warm-up activity like jogging or Nordic walking is recommended but not necessary
- Do not hurry between hot and cold (sauna – ice hole), let your body to steady itself spending some time outside or sitting in a bench available in the sauna building
- In the beginning it is all right and recommended only to take a dip. Actual swimming is not required. Do not even think of jumping into the cold water.
- Cold water may cause breath jamming at first but it is normal, harmless and passes by.
- Wear warm clothes afterwards in order to avoid cold and take care of hydration by drinking sufficiently. Remember that you will sweat in the sauna.
- If you are ill or under the influence of the alcohol do not go winter swimming.
- Listen to your body. Do what feels good for you. How often to go to ice hole or sauna, how long to stay or to enjoy sauna at all is completely up to you.
- Effects are individual. There are many reasons to enjoy of winter swimming but they may be different from person to person.
- Winter swimming is a strongly social “get to together” happening.
- No age limits or social boundaries
- NOTE! Winter swimmers usually get hooked on their hobby as it is addictive!



WHERE WE ARE

At the beach of Apia, near the summer theatre and behind the Apia sports field.

