

# Turun avantouimarit ry winter outdoor swimming club



- started in 1955, officially 1957
- members a little over 800, age from 15 to 97, women 65 %
- visitors about 2000, more young people during the last years
- visits per Day 150-250



# New sauna building

- built by members
- owned by the club
- about 50 % of the costs done as job from members
- the sauna can take about 80 persons at the same time
- the sauna is heated 6 Days a Week with oil
- the sauna is open from September to end of May
- in summer sauna is open for the beach, Turku rents the sauna for that time
- downstairs there is a gym



# Why winter swimming?

- you get a good feeling
- you get an injection of hormones that makes you depending as in sports
- cold water makes you produce natural cortisol against pains
- to swim in cold water gives a protection against deceases as flues
- helps you to get rid of stress and depression
- to prevent rheumatism getting worse and to get rid of pains and symptoms
- against cold hands and feet
- but when you go into cold water you should listen to your own body, cold water is not good fore everyone

# What does the cold water do?

- the temperature of your skin goes down, your heart goes slower and blood pressure goes up a lot
- cold water will stress your body
- when you get this stress your daily stress seems less important than before
- the good feeling hormone serotonin production goes up
- stress hormone noradrenalin makes you feel you can make it
- natural cortisol production goes up
- therapy by your self against depression
- your body will work against cold and produce brown fat and cells that burn fat that you eat and makes you warm thru that
- your blood circulation goes faster, your cells work faster and are not going old as fast as before (!)
- your sexual activity will go up!!!.



TURUN AVANTOVIIMARIT

# Who can attend?



- if you know that you have an illness, heart or blood system problem, please consult your doctor
- winter swimming is not good for everyone
- but most of us can not get rid of it when we have started

# How do we swim?

- the main rule is: go first to swim and after that to the sauna, but do as you want
- how much should you swim, some swim 30 seconds, some just drop themselves
- some swim without sauna, some every day, some even 2 times a day
- if you want to swim without sauna you can as a member have your own key
- some use shoes and gloves when they swim
- everyone should do as they think is the best way



# How in sauna?

- the sauna is warm 6 days a week, not Tuesday.  
Thursday only for members
- most people go to the sauna for several times, 3-7 times, some more than that
- in sauna you have to use a bath suite. If you want you can have some on your head to cover your hair.

## Social happening

- to sit in sauna and discuss with people is an important thing, especially for retired people
- in the sauna the noise could be very loud, especially when there are 40-50 persons.
- many attend at the same time every day just to meet their friends

# How should I start?



- start of your own free will
- women often start as a group, from the same workplace, from the same street
- men start with a friend
- the hardest thing when you start to swim is when you have to make the decision to go into water. At that time your pulse is as highest
- you can start in autumn or in winter, every season is ok