



Winter Swimming Conference



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On September 20 at 12:00, the first Winter Swimmers’ Conference organized by the Latvian Winter Swimming Federation will take place at the Pārventa Library. This will be a unique opportunity for everyone – from seasoned winter swimmers to beginners – to learn everything about winter swimming: its health benefits, risks, safety measures, and the secrets of acclimatization. The event will feature engaging presentations as well as dynamic discussions, where participants can ask questions and share their experiences.

The conference organizers recommend bringing comfortable, sporty clothing and an exercise mat to participate in the practical session at 3:00 PM, which will include a group winter swimming activity.

- Agenda:**
- At 12:00 – Opening Ceremony**
Inga Krivcova, Chairperson of the LZPF Board
 - Caring for the body – the foundation of a healthy life.** Andis Bukots (Ozolnieki Seals). Bring a yoga/exercise mat and come dressed in comfortable, sporty clothing.

- Winter swimming safety.** Kristīne Rāte (Raganas Seals)
- Doctor’s perspective – recommendations and precautions.** Anda Zvīgule (Ozolnieki Seals).
- At 15:00 – Practical session**
Practical breathing exercises, workouts, tips, and group swim.

📅 Sat, 20.09.2025

🕒 12:00-16:00

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🏠 Pārventas library

📍 Tārgales iela 4

