

BESCHREIBUNG KURSANGEBOT:

BEGINNER 3

Kursnummer: 242326

Ort: AZ Weiherweg , Bahn 1
Adresse:
Rudolfstr. 43
4054 Basel

Lerninhalt: **Swimming - the healthiest sport**

In water you have the opportunity to optimally train endurance, strength and coordination skills. In order to achieve a successful health effect, it is vital that you are able to swim with you head below water.

Beginner 3

Prerequisite

- Basics Crawl/Backstroke/Breast

Content

- Coordination of breathing and moving
- Improvement of the techniques
Crawl/Backstroke/Breaststroke
- Improvement of endurance

Goals

- Good basics Crawl/Backstroke/Breaststroke
- Swimming 25 meters at a stretch

Trainer: Sara Plattner

Kursniveau:

Bemerkung:

Kosten: 357.50 CHF

detaillierte	<u>Lektionen: 11</u>	
Termine:	Datum	Uhrzeiten
	08.05.2024	19:15 - 20:00
	15.05.2024	19:15 - 20:00
	22.05.2024	19:15 - 20:00
	29.05.2024	19:15 - 20:00
	05.06.2024	19:15 - 20:00
	12.06.2024	19:15 - 20:00
	19.06.2024	19:15 - 20:00
	26.06.2024	19:15 - 20:00
