

## BESCHREIBUNG KURSANGEBOT:

---

### BEGINNER 3

Kursnummer: 184306

---

Ort: AZ Weiherweg , Bahn 2 EW  
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: Anne Hersperger

---

Kursniveau:

---

Bemerkung:

---

Kosten: 240.00 CHF

---

|              |                     |           |
|--------------|---------------------|-----------|
| detaillierte | <u>Lektionen: 8</u> |           |
| Termine:     | Datum               | Uhrzeiten |
|              | keine               |           |
|              | Termine             |           |
|              | vorhanden           |           |

---