

BESCHREIBUNG KURSANGEBOT:

AQUA-GYM

Kursnummer: 190205

Ort:	Rialto, Lehrschwimmbecken Bahn 1
Adresse:	Birsigstrasse 45 4054 Basel

Lerninhalt:

Aqua-Gym is also a course accompanied by music. Specific walking, running, hopping but also revitalizing and stretching of the muscles are practised in breast high water of 32 ° which provides for **physical and mental comfort**. The diversified course program guarantees fun and motivation. **Aqua-Gym** is suitable for young and old, especially for non-swimmers, unpractised and overweight individuals, but also for the prevention of degenerative wear.

If you decide to sign up for a Aqua-Gym course, you will get a subscription for 10 entries. You can join the course at any time.

If you have any further questions, don't hesitate to [contact us!](#)

Trainer:	Anne Hersperger und Salome Schärer-Knechtli
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Kursniveau:

Bemerkung:

Kosten:	238.00 CHF
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detaillierte	<u>Lektionen:</u> 14
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Termine:	Datum	Uhrzeiten
	keine	
	Termine	
	vorhanden	
