

BESCHREIBUNG KURSANGEBOT:

BEGINNER 4 (DEEP WATER)

Kursnummer: 194318

Ort:	Schulhaus Bläsi, Hallenbad
Adresse:	Müllheimerstrasse 94 4057 Basel

Lerninhalt:	Swimming- the healthiest form of sport
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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 4 (deep water)

Prerequisite

- Basics crawl/breaststroke/backstroke
- The ability to swim at least 25 m at a stretch

Content

- Dispel fear of deep water
- Improvement of the basics crawl, breaststroke and backstroke
- Improvement of endurance and strength

Goals

- Overcoming fear of deep water
- Improvement of the basics
- Swimming 50 m at a stretch

Trainer:	Mia Kirsch
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Kursniveau:	
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Bemerkung:	
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Kosten:	240.00 CHF
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detaillierte	<u>Lektionen:</u> 8
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Termine:	Datum	Uhrzeiten
	keine	

Termine
vorhanden
