

## BESCHREIBUNG KURSANGEBOT:

---

### BEGINNER 3

Kursnummer: 193303

---

|          |                                  |
|----------|----------------------------------|
| Ort:     | Rialto, Lehrschwimmbecken Bahn 1 |
| Adresse: | Birsigstrasse 45<br>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 your 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: | Monika Steiger Schmid |
|----------|-----------------------|

---

|             |
|-------------|
| Kursniveau: |
|-------------|

---

|            |
|------------|
| Bemerkung: |
|------------|

---

|         |            |
|---------|------------|
| Kosten: | 322.00 CHF |
|---------|------------|

---

|              |                      |           |
|--------------|----------------------|-----------|
| detaillierte | <u>Lektionen: 14</u> |           |
| Termine:     | Datum                | Uhrzeiten |
|              | keine                |           |
|              | Termine              |           |
|              | vorhanden            |           |

---