

BESCHREIBUNG KURSANGEBOT:

BEGINNER 1

Kursnummer: 191301

Ort: Rialto, Kleines Becken
Adresse:
Birsigstrasse 45
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 1

Prerequisite

- no requirements

Content

- Water acclimatisation
- Floating on belly and back
- Basics breathing technique
- First steps on how to move arms and legs

Goals

- Physical tension
- Gaining confidence in water
- Fear reduction
- Submerging the head under water

Trainer: Monika Steiger Schmid

Kursniveau:

Bemerkung:

Kosten:	230.00 CHF	
detaillierte	<u>Lektionen: 10</u>	
Termine:	Datum	Uhrzeiten
	keine	
	Termine	
	vorhanden	
