

BESCHREIBUNG KURSANGEBOT:

BEGINNER 3

Kursnummer: 194310

Ort: AZ Weiherweg , Bahn 2
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 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: Simone Tarelli und Anne Hersperger

Kursniveau:

Bemerkung:

Kosten: 240.00 CHF

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