

BESCHREIBUNG KURSANGEBOT:

BEGINNER 2

Kursnummer: 261354

Ort: Rialto, Sportbecken Bahn 2
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 2

Prerequisites:

Correct exhalation with head underwater
Floating on the stomach and back
Basic breathing techniques
Basic propulsion movements with arms and legs
Feeling safe in chest-deep water

Content:

Improve and consolidate breathing techniques
Tension and coordination exercises to enhance backstroke and crawl fundamentals
Self-rescue, such as rolling from front float to back float.

Goals:

Build water safety and self-confidence
Swim approx. 10 meters backstroke and crawl using basic form

Trainer: Dhanu Huck

Kursniveau:

Alles Andere als Trockenübungen

Bemerkung:

Kosten: 325.00 CHF

detaillierte Lektionen: 10

Termine:	Datum	Uhrzeiten
	06.01.2026	18:00 - 18:45
	13.01.2026	18:00 - 18:45
	20.01.2026	18:00 - 18:45
	27.01.2026	18:00 - 18:45
	03.02.2026	18:00 - 18:45
	10.02.2026	18:00 - 18:45
	03.03.2026	18:00 - 18:45
	10.03.2026	18:00 - 18:45
	17.03.2026	18:00 - 18:45
	24.03.2026	18:00 - 18:45
