

## BESCHREIBUNG KURSANGEBOT:

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### BEGINNER 2

Kursnummer: 251327

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Ort: AZ Weiherweg , Bahn 2  
Adresse:  
Rudolfstr. 43  
4054 Basel

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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

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Trainer: Sandra Porfirio

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Kursniveau:

Bemerkung:

Kosten: 390.00 CHF

detaillierte Lektionen: 12

| Termine: | Datum      | Uhrzeiten     |
|----------|------------|---------------|
|          | 09.01.2025 | 19:00 - 19:45 |
|          | 16.01.2025 | 19:00 - 19:45 |
|          | 23.01.2025 | 19:00 - 19:45 |
|          | 30.01.2025 | 19:00 - 19:45 |
|          | 06.02.2025 | 19:00 - 19:45 |
|          | 13.02.2025 | 19:00 - 19:45 |
|          | 20.02.2025 | 19:00 - 19:45 |
|          | 27.02.2025 | 19:00 - 19:45 |
|          | 20.03.2025 | 19:00 - 19:45 |
|          | 27.03.2025 | 19:00 - 19:45 |
|          | 03.04.2025 | 19:00 - 19:45 |
|          | 10.04.2025 | 19:00 - 19:45 |