

BESCHREIBUNG KURSANGEBOT:

BEGINNER 2

Kursnummer: 201304

Ort: Rialto, Lehrschwimmbecken Bahn 1
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

Prerequisite

- Able to submerge head under water
- Floating on belly and back
- Basics breathing technique
- First steps on how to move arms and legs

Content

- Improvement of breathing technique
- Basics Crawl/Backstroke/Breast

Goals

- Basics Crawl/Backstroke/Breast
- Gaining self-confidence in water

Trainer: Monika Steiger Schmid

Kursniveau:

Bemerkung:

Kosten:	253.00 CHF	
detaillierte	<u>Lektionen: 11</u>	
Termine:	Datum	Uhrzeiten
	keine	
	Termine	
	vorhanden	