

BESCHREIBUNG KURSANGEBOT:

BEGINNER 3

Kursnummer: 243356

Ort: Rialto, Kursschwimmbecken 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 you 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: Fabian Hafner

Kursniveau:

Bemerkung:

Kosten: 455.00 CHF

detaillierte
Termine:

Lektionen: 14

Datum	Uhrzeiten
10.09.2024	19:30 - 20:15
17.09.2024	19:30 - 20:15
24.09.2024	19:30 - 20:15
15.10.2024	19:30 - 20:15
22.10.2024	19:30 - 20:15
29.10.2024	19:30 - 20:15
05.11.2024	19:30 - 20:15
12.11.2024	19:30 - 20:15
19.11.2024	19:30 - 20:15
26.11.2024	19:30 - 20:15
03.12.2024	19:30 - 20:15
10.12.2024	19:30 - 20:15
17.12.2024	19:30 - 20:15
