

BESCHREIBUNG KURSANGEBOT:

BEGINNER 3

Kursnummer: 252352

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 your head below water.

Beginner 3

Prerequisite:

Swim approx. 10 meters backstroke and crawl using basic form

Content:

Improve coordination of breathing with overall crawl movement
Targeted technique exercises for backstroke and crawl
Enhance body tension, strength, coordination, and endurance

Goals:

Swim approx. 25 meters backstroke and crawl using basic form

Trainer:	Peppa Schwerdtner
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Kursniveau:

Bemerkung:

Kosten:	260.00 CHF
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detaillierte	<u>Lektionen: 8</u>
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Termine:	Datum	Uhrzeiten
	28.04.2025	19:45 - 20:30
	05.05.2025	19:45 - 20:30
	12.05.2025	19:45 - 20:30
	19.05.2025	19:45 - 20:30
	26.05.2025	19:45 - 20:30
	02.06.2025	19:45 - 20:30
	16.06.2025	19:45 - 20:30
	23.06.2025	19:45 - 20:30
