Schwimmschule -Knechtli.ch
Alles Andere als Trockenübungen

BESCHREIBUNG KURSANGEBOT:

BEGINNER 1

Kursnummer: 201301

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 you head below water. **Beginner 1** **Prerequisite** • no requirements **Content** • Water acclimatisation • Floating on belly and back • Basics breathing technique • First steps on how to move arms and legs **Goals** • Physical tension • Gaining confidence in water • Fear reduction • Submerging the head under water
Trainer:	Monika Steiger Schmid
Kursniveau:	
Bemerkung:	

Kosten:	253.00 CHF	
detaillierte Termine:	Lektionen: 11	
	Datum	Uhrzeiten
	keine Termine vorhanden	