Schwimmschule -Knechtli.ch
Alles Andere als Trockenübungen

BESCHREIBUNG KURSANGEBOT:

BEGINNER 2

Kursnummer: 264358

Ort:	Rialto, Kursschwimmbecken Bahn 3 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 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
Trainer:	Cedric Lochmann

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Kursniveau:		
Bemerkung:		
Kosten:	325.00 CHF	
detaillierte Termine:	Lektionen: 10	
	Datum	Uhrzeiten
	16.10.2026	11:50 - 12:35
	23.10.2026	11:50 - 12:35
	30.10.2026	11:50 - 12:35
	06.11.2026	11:50 - 12:35
	13.11.2026	11:50 - 12:35
	20.11.2026	11:50 - 12:35
	27.11.2026	11:50 - 12:35
	04.12.2026	11:50 - 12:35
	11.12.2026	11:50 - 12:35
	18.12.2026	11:50 - 12:35