

BESCHREIBUNG KURSANGEBOT:

TRAINING GROUP ADULTS 60MIN

Kursnummer: 253353

Ort: Rialto, Sportbecken Bahn 2
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.

Adult training group 60 min

Prerequisites:

Proficient in various swimming techniques

Able to swim approx. 300 meters crawl continuously

Content:

Structured swim training

Individual corrections

Strength, endurance, and coordination training

Goals:

Swim approx. 1000 meters crawl continuously

Improve strength and endurance

Trainer:	Marisa Circhetta und Aurelia Häusler und Anne Horspenger	
Kursniveau:		
Bemerkung:		
Kosten:	462.00 CHF	
detaillierte	<u>Lektionen: 14</u>	
Termine:	Datum	Uhrzeiten
	01.09.2025	19:45 - 20:45
	08.09.2025	19:45 - 20:45
	15.09.2025	19:45 - 20:45
	22.09.2025	19:45 - 20:45
	13.10.2025	19:45 - 20:45
	20.10.2025	19:45 - 20:45
	27.10.2025	19:45 - 20:45
	03.11.2025	19:45 - 20:45
	10.11.2025	19:45 - 20:45
	17.11.2025	19:45 - 20:45
	24.11.2025	19:45 - 20:45
	01.12.2025	19:45 - 20:45
	08.12.2025	19:45 - 20:45
	15.12.2025	19:45 - 20:45