

BESCHREIBUNG KURSANGEBOT:

BEGINNER 2

Kursnummer: 261327

Ort: AZ Weiherweg , Bahn 2
Adresse:
Rudolfstr. 43
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 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: Sandra Porfirio

Kursniveau:

Alles Andere als Trockenübungen

Bemerkung:

Kosten: 325.00 CHF

detaillierte Lektionen: 10

Termine:	Datum	Uhrzeiten
	08.01.2026	19:00 - 19:45
	15.01.2026	19:00 - 19:45
	22.01.2026	19:00 - 19:45
	29.01.2026	19:00 - 19:45
	05.02.2026	19:00 - 19:45
	12.02.2026	19:00 - 19:45
	05.03.2026	19:00 - 19:45
	12.03.2026	19:00 - 19:45
	19.03.2026	19:00 - 19:45
	26.03.2026	19:00 - 19:45