

BESCHREIBUNG KURSANGEBOT:

BEGINNER 4 (DEEP WATER)

Kursnummer: 242315

Ort:	Schulhaus St. Johann, Bahn 3
Adresse:	St. Johannis-Ring 17
	4056 Basel

Lerninhalt: **Swimming-** the healthiest form of 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 4 (deep water)

Prerequisite

- Basics crawl/breaststroke/backstroke
- The ability to swim at least 25 m at a stretch

Content

- Dispel fear of deep water
- Improvement of the basics crawl, breaststroke and backstroke
- Improvement of endurance and strength

Goals

- Overcoming fear of deep water
- Improvement of the basics
- Swimming 50 m at a stretch

Trainer:	Robert Jobst	
Kursniveau:		
Bemerkung:		
Kosten:	357.50 CHF	
detaillierte	<u>Lektionen: 11</u>	
Termine:	Datum	Uhrzeiten
	06.05.2024	20:45 - 21:30

13.05.2024	20:45 - 21:30
27.05.2024	20:45 - 21:30
03.06.2024	20:45 - 21:30
10.06.2024	20:45 - 21:30
17.06.2024	20:45 - 21:30
24.06.2024	20:45 - 21:30
