

BESCHREIBUNG KURSANGEBOT:

BEGINNER 4 (DEEP WATER)

Kursnummer: 191315

Ort:	Schulhaus St. Johann, Bahn 1
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:	300.00 CHF
detaillierte	<u>Lektionen: 10</u>
Termine:	Datum Uhrzeiten
	keine

Termine
vorhanden
