

BESCHREIBUNG KURSANGEBOT:

TRAINING GROUPE ADULTS

Kursnummer: 201306

Ort:	Rialto, Sportbecken Bahn 1
Adresse:	Birsigstrasse 45 4054 Basel

Lerninhalt:	Swimming - the healthiest sport
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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

Requirement: The ability to swim 1 km at a stretch

Goal: Technique and endurance training

Trainer:	Florian Geiser und Anne Hersperger
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Kursniveau:	
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Bemerkung:	
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Kosten:	231.00 CHF
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detaillierte	<u>Lektionen: 11</u>
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Termine:	Datum	Uhrzeiten
	keine	
	Termine	
	vorhanden	
