

BESCHREIBUNG KURSANGEBOT:

TRAINING GROUPE ADULTS

Kursnummer: 253323

Ort:	Schulhaus St. Johann, Bahn 2
Adresse:	St. Johannis-Ring 17
	4056 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

In the Rialto: 25m pool

In the St. Johann: 16m pool

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:	Knechtli2 Team	
Kursniveau:		
Bemerkung:		
Kosten:	206.50 CHF	
detaillierte	<u>Lektionen: 7</u>	
Termine:	Datum	Uhrzeiten
	21.09.2025	09:00 - 09:45
	28.09.2025	09:00 - 09:45