

BESCHREIBUNG KURSANGEBOT:

BEGINNER 1

Kursnummer: 242325

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 you head below water.

Beginner 1

Prerequisite

- no requirements

Content

- Water acclimatisation
- Floating on belly and back
- Basics breathing technique
- First steps on how to move arms and legs

Goals

- Physical tension
- Gaining confidence in water
- Fear reduction
- Submerging the head under water

Trainer: Anne Hersperger und Marisa Circhetta

Kursniveau:

Bemerkung:

Kosten: 357.50 CHF

detaillierte Lektionen: 11

Termine:	Datum	Uhrzeiten
	08.05.2024	19:15 - 20:00
	15.05.2024	19:15 - 20:00
	22.05.2024	19:15 - 20:00
	29.05.2024	19:15 - 20:00
	05.06.2024	19:15 - 20:00
	12.06.2024	19:15 - 20:00
	19.06.2024	19:15 - 20:00
	26.06.2024	19:15 - 20:00