

BESCHREIBUNG KURSANGEBOT:

BEGINNER 3

Kursnummer: 251325

Ort: AZ Weiherweg , Bahn 1
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 3

Prerequisite:

Swim approx. 10 meters backstroke and crawl using basic form

Content:

Improve coordination of breathing with overall crawl movement
Targeted technique exercises for backstroke and crawl
Enhance body tension, strength, coordination, and endurance

Goals:

Swim approx. 25 meters backstroke and crawl using basic form

Trainer: Anne Hersperger und Simone Tarelli und Marisa Circhetta

Kursniveau:

Bemerkung:

Kosten: 390.00 CHF

detaillierte Lektionen: 12

Termine:	Datum	Uhrzeiten
	08.01.2025	19:15 - 20:00
	15.01.2025	19:15 - 20:00
	22.01.2025	19:15 - 20:00
	29.01.2025	19:15 - 20:00
	05.02.2025	19:15 - 20:00
	12.02.2025	19:15 - 20:00
	19.02.2025	19:15 - 20:00
	26.02.2025	19:15 - 20:00
	19.03.2025	19:15 - 20:00
	26.03.2025	19:15 - 20:00
	02.04.2025	19:15 - 20:00
	09.04.2025	19:15 - 20:00
