

BESCHREIBUNG KURSANGEBOT:

BEGINNER 3

Kursnummer: 253352

Ort:	Rialto, Kursschwimmbecken Bahn 1
Adresse:	Birsigstrasse 45 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 your 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:	Aurelia Häusler und Peppa Schwerdtner
Kursniveau:	
Bemerkung:	
Kosten:	455.00 CHF
detaillierte	<u>Lektionen: 14</u>

Termine:	Datum	Uhrzeiten
	01.09.2025	19:45 - 20:30
	08.09.2025	19:45 - 20:30
	15.09.2025	19:45 - 20:30
	22.09.2025	19:45 - 20:30
	13.10.2025	19:45 - 20:30
	20.10.2025	19:45 - 20:30
	27.10.2025	19:45 - 20:30
	03.11.2025	19:45 - 20:30
	10.11.2025	19:45 - 20:30
	17.11.2025	19:45 - 20:30
	24.11.2025	19:45 - 20:30
	01.12.2025	19:45 - 20:30
	08.12.2025	19:45 - 20:30
	15.12.2025	19:45 - 20:30
