

## BESCHREIBUNG KURSANGEBOT:

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### BEGINNER 1

Kursnummer: 261325

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Ort: AZ Weiherweg , Bahn 3  
Adresse:  
Rudolfstr. 43  
4054 Basel

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Lerninhalt: **Swimming - the healthiest sport**

Water provides the perfect environment to train endurance, strength, and coordination skills.

However, to achieve lasting health benefits through swimming, it is essential to be able to keep your head underwater while swimming.

#### **Beginner 1**

##### **Prerequisite:**

None

##### **Content:**

Water familiarization

Floating on the stomach and back

Basic breathing techniques

Basic propulsion movements with arms and legs

##### **Goals:**

Develop body tension

Gain safety and confidence in the water

Reduce fear

Exhale correctly while the head is underwater

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Trainer: Filiz Zopfi

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Kursniveau:

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Bemerkung:

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Kosten: 130.00 CHF

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detaillierte Lektionen: 4

Termine:	Datum	Uhrzeiten
	04.03.2026	19:15 - 20:00
	11.03.2026	19:15 - 20:00
	18.03.2026	19:15 - 20:00
	25.03.2026	19:15 - 20:00

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