

BESCHREIBUNG KURSANGEBOT:

PARENT-CHILD FOR 1-2 YEARS

Kursnummer: 253450

Ort: Felix-Platter Spital, Hallenbad

Adresse:

Burgfelderstrasse 101

4055 Basel

Lerninhalt: In parent-child swimming, the natural urge to move of 1 to 4 year

olds is used sensibly and lived out without pressure to perform.

The basic movements in the water, such as diving or jumping, are

practised and encouraged together. The children participate in

the community activities through circle and singing games. In

different groups, depending on the age of the children, creativity,

play and fun are provided for. The parent-child relationship is

intensified through conscious physical contact, eye contact and

attention to the child. The child moves itself, but also feels safe

and comfortable with the support of the parents.

Advantages for you and your child:

- The parent-child bond is strengthened.
- Blood circulation is stimulated, all parts of the body are supplied with oxygen, which makes the children fit and more receptive.
- The respiratory muscles are strengthened and the lung function improved by the water pressure and resistance.



- Strengthening of the supporting and postural muscles Trockenübungen
- Gross and fine motor skills are promoted
- Contact with other children promotes social competence

If you have any questions, please do not hesitate to **contact us**.

Trainer:	Katharina Steiger Frank	
Kursniveau:	Mutter und Kind	
Bemerkung:		
Kosten:	459.00 CHF	
detaillierte	Lektionen: 17	
Termine:	Datum	Uhrzeiten
	15.08.2025	17:10 - 17:40
	22.08.2025	17:10 - 17:40
	29.08.2025	17:10 - 17:40
	05.09.2025	17:10 - 17:40
	12.09.2025	17:10 - 17:40
	19.09.2025	17:10 - 17:40
	26.09.2025	17:10 - 17:40
	17.10.2025	17:10 - 17:40
	24.10.2025	17:10 - 17:40
	31.10.2025	17:10 - 17:40
	07.11.2025	17:10 - 17:40
	14.11.2025	17:10 - 17:40
	21.11.2025	17:10 - 17:40
	28.11.2025	17:10 - 17:40
	05.12.2025	17:10 - 17:40
	12.12.2025	17:10 - 17:40
	19.12.2025	17:10 - 17:40