

## BESCHREIBUNG KURSANGEBOT:

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### AQUA-GYM

Kursnummer: 251224

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Ort:	Rialto, Kursschwimmbecken Bahn 2
Adresse:	Birsigstrasse 45 4054 Basel

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Lerninhalt:

**Aqua-Gym** is also a course accompanied by music. Specific walking, running, hopping but also revitalizing and stretching of the muscles are practised in breast high water of 32 ° which provides for **physical and mental comfort**. The diversified course program guarantees fun and motivation. **Aqua-Gym** is suitable for young and old, especially for non-swimmers, unpractised and overweight individuals, but also for the prevention of degenerative wear.

**Aqua-Gym courses are billed on a quarterly basis. You pay for 4 lessons in advance and receive a final invoice for the attended lessons at the end of the quarter.**

If you have any further questions, don't hesitate to [contact us!](#)

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Trainer:	Sandra Studer
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Kursniveau:
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Bemerkung:
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Kosten:	637.50 CHF
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detaillierte	<u>Lektionen: 25</u>
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Termine:	Datum	Uhrzeiten
	16.09.2025	11:30 - 12:15
	23.09.2025	11:30 - 12:15

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