

BESCHREIBUNG KURSANGEBOT:

AQUA-GYM

Kursnummer: 261224

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

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!](#)

Trainer: Sandra Studer und Anne Hersperger

Kursniveau:

Bemerkung:

Kosten: 1'428.00 CHF

detaillierte Lektionen: 56

Termine:	Datum	Uhrzeiten
	21.04.2026	11:30 - 12:15
	28.04.2026	11:30 - 12:15
	05.05.2026	11:30 - 12:15
	12.05.2026	11:30 - 12:15
	19.05.2026	11:30 - 12:15
	26.05.2026	11:30 - 12:15

02.06.2026	11:30 - 12:15
09.06.2026	11:30 - 12:15
16.06.2026	11:30 - 12:15
23.06.2026	11:30 - 12:15
