

BESCHREIBUNG KURSANGEBOT:

AQUA-GYM

Kursnummer: 251224

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	
Kursniveau:		
Bemerkung:		
Kosten:	892.50 CHF	
detaillierte	Lektionen: 35	
Termine:	Datum	Uhrzeiten
	11.11.2025	11:30 - 12:15
	18.11.2025	11:30 - 12:15
	25.11.2025	11:30 - 12:15
	02.12.2025	11:30 - 12:15
	09.12.2025	11:30 - 12:15
	16.12.2025	11:30 - 12:15

