

BESCHREIBUNG KURSANGEBOT:

BEGINNER 3

Kursnummer: 201303

Ort:	Rialto, Lehrschwimmbecken Bahn 1
Adresse:	Birsigstrasse 45 4054 Basel

Lerninhalt: **Swimming - the healthiest sport**

In water you have the opportunity to optimally train endurance, strength and coordination skills. In order to achieve a successful health effect, it is vital that you are able to swim with you head below water.

Beginner 3

Prerequisite

- Basics Crawl/Backstroke/Breast

Content

- Coordination of breathing and moving
- Improvement of the techniques
Crawl/Backstroke/Breaststroke
- Improvement of endurance

Goals

- Good basics Crawl/Backstroke/Breaststroke
- Swimming 25 meters at a stretch

Trainer:	Monika Steiger Schmid
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Kursniveau:

Bemerkung:

Kosten:	253.00 CHF
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detaillierte	<u>Lektionen: 11</u>	
Termine:	Datum	Uhrzeiten
	keine	
	Termine	
	vorhanden	
