Schwimmschule -Knechtli.ch
Alles Andere als Trockenübungen

BESCHREIBUNG KURSANGEBOT:

BABIES FROM 8 MONTHS

Kursnummer: 191451

Ort:	Felix-Platter Spital, Hallenbad Adresse: Burgfelderstrasse 101 4055 Basel
Lerninhalt:	The focus of the baby bathing course is on the baby and its joy in the water. The respiratory reflex, which exists until the baby is about 8 months old, makes it possible for babies from the age of 4 months to gently dive and move in the water. This is an ideal prerequisite for early motor development. The learning material is passed on to the baby by the parents in a playful way under expert guidance. Thanks to regular exercises that stimulate movement, the baby is able to experience the element of water without fear. In addition, the conscious and controlled activities with the baby promote the basic trust and the bond with the caregiver. A wonderful experience for both sides! 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 - 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:	Nicole Rüegger	
Kursniveau:	Mutter und Kind	
Bemerkung:		
Kosten:	525.00 CHF	
detaillierte Termine:	Lektionen: 20 Datum	Uhrzeiten
	keine Termine vorhanden	