

BESCHREIBUNG KURSANGEBOT:

BEGINNER 2

Kursnummer: 254327

Ort: AZ Weiherweg , Bahn 3
Adresse:
Rudolfstr. 43
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 your head below water.

Beginner 2

Prerequisites:

Correct exhalation with head underwater
Floating on the stomach and back
Basic breathing techniques
Basic propulsion movements with arms and legs
Feeling safe in chest-deep water

Content:

Improve and consolidate breathing techniques
Tension and coordination exercises to enhance backstroke and crawl fundamentals
Self-rescue, such as rolling from front float to back float.

Goals:

Build water safety and self-confidence
Swim approx. 10 meters backstroke and crawl using basic form

Trainer: Sandra Porfirio

Kursniveau:

Alles Andere als Trockenübungen

Bemerkung:

Kosten: 325.00 CHF

detaillierte Lektionen: 10

Termine:	Datum	Uhrzeiten
	16.10.2025	19:00 - 19:45
	23.10.2025	19:00 - 19:45
	30.10.2025	19:00 - 19:45
	06.11.2025	19:00 - 19:45
	13.11.2025	19:00 - 19:45
	20.11.2025	19:00 - 19:45
	27.11.2025	19:00 - 19:45
	04.12.2025	19:00 - 19:45
	11.12.2025	19:00 - 19:45
	18.12.2025	19:00 - 19:45