

BESCHREIBUNG KURSANGEBOT:

BEGINNER 3

Kursnummer: 252327

Ort:	AZ Weiherweg , Bahn 2
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 you head below water.

Beginner 3

Prerequisite:

Swim approx. 10 meters backstroke and crawl using basic form

Content:

Improve coordination of breathing with overall crawl movement
Targeted technique exercises for backstroke and crawl
Enhance body tension, strength, coordination, and endurance

Goals:

Swim approx. 25 meters backstroke and crawl using basic form

Trainer:	Sandra Porfirio
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Kursniveau:

Bemerkung:

Kosten:	227.50 CHF
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detaillierte	<u>Lektionen: 7</u>
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Termine:	Datum	Uhrzeiten
	08.05.2025	19:00 - 19:45
	15.05.2025	19:00 - 19:45
	22.05.2025	19:00 - 19:45
	05.06.2025	19:00 - 19:45
	12.06.2025	19:00 - 19:45
	19.06.2025	19:00 - 19:45
	26.06.2025	19:00 - 19:45
