Schwimmschule -Knechtli.ch
Alles Andere als Trockenübungen

# BESCHREIBUNG KURSANGEBOT:

## BEGINNER 1

Kursnummer: 202302

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|---|---|
| Ort: | Rialto, Lehrschwimmbecken Bahn 1<br>Adresse:<br>Birsigstrasse 45<br>4054 Basel |
| Lerninhalt: | **Swimming - the healthiest sport**<br><br>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.<br><br>**Beginner 1**<br><br>**Prerequisite**<br>• no requirements<br><br>**Content**<br>• Water acclimatisation<br>• Floating on belly and back<br>• Basics breathing technique<br>• First steps on how to move arms and legs<br><br>**Goals**<br>• Physical tension<br>• Gaining confidence in water<br>• Fear reduction<br>• Submerging the head under water |
| Trainer: | Monika Steiger Schmid |
| Kursniveau: | |
| Bemerkung: | |

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| Kosten: | 322.00 CHF | |
| detaillierte Termine: | Lektionen: 14 | |
| | Datum | Uhrzeiten |
| | keine Termine vorhanden | |