

BESCHREIBUNG KURSANGEBOT:

BEGINNER 1

Kursnummer: 253327

Ort: AZ Weiherweg , Bahn 2
Adresse:
Rudolfstr. 43
4054 Basel

Lerninhalt: **Swimming - the healthiest sport**

Water provides the perfect environment to train endurance, strength, and coordination skills.

However, to achieve lasting health benefits through swimming, it is essential to be able to keep your head underwater while swimming.

Beginner 1

Prerequisite:

None

Content:

Water familiarization

Floating on the stomach and back

Basic breathing techniques

Basic propulsion movements with arms and legs

Goals:

Develop body tension

Gain safety and confidence in the water

Reduce fear

Exhale correctly while the head is underwater

Trainer: Sandra Porfirio

Kursniveau:

Bemerkung:

Kosten: 227.50 CHF

detaillierte Lektionen: 7

Termine:	Datum	Uhrzeiten
	14.08.2025	19:00 - 19:45
	21.08.2025	19:00 - 19:45
	28.08.2025	19:00 - 19:45
	04.09.2025	19:00 - 19:45
	11.09.2025	19:00 - 19:45
	18.09.2025	19:00 - 19:45
	25.09.2025	19:00 - 19:45