

## BESCHREIBUNG KURSANGEBOT:

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### BEGINNER 1

Kursnummer: 251354

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Ort: Rialto, Kursschwimmbecken Bahn 1  
Adresse:  
Birsigstrasse 45  
4054 Basel

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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 1**

##### **Prerequisite**

- no requirements

##### **Content**

- Water acclimatisation
- Floating on belly and back
- Basics breathing technique
- First steps on how to move arms and legs

##### **Goals**

- Physical tension
- Gaining confidence in water
- Fear reduction
- Submerging the head under water

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Trainer: Fabian Hafner

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Kursniveau:

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Bemerkung:

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Kosten: 390.00 CHF

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detaillierte Lektionen: 12

Termine:	Datum	Uhrzeiten
	07.01.2025	18:00 - 18:45
	14.01.2025	18:00 - 18:45
	21.01.2025	18:00 - 18:45
	28.01.2025	18:00 - 18:45
	04.02.2025	18:00 - 18:45
	11.02.2025	18:00 - 18:45
	18.02.2025	18:00 - 18:45
	25.02.2025	18:00 - 18:45
	18.03.2025	18:00 - 18:45
	25.03.2025	18:00 - 18:45
	01.04.2025	18:00 - 18:45
	08.04.2025	18:00 - 18:45

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