

BESCHREIBUNG KURSANGEBOT:

AQUA-POWER

Kursnummer: 251227

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

Lerninhalt:

Aqua-Power is a course accompanied by music. Specific walking, running, hopping but also revitalizing and stretching of the muscles are practised in breast high water of 32 ° which provides for **physical and mental comfort**. The diversified course program guarantees fun and motivation. **Aqua-Power** is suitable for young and old, especially for non-swimmers, unpractised and overweight individuals.

Aqua power courses are billed on a quarterly basis. You pay for 4 lessons in advance and receive a final invoice for the attended lessons at the end of the quarter.

If you have any further questions, don't hesitate to [contact us!](#)

Trainer: Christoph Fleischhacker

Kursniveau:

Bemerkung:

Kosten: 306.00 CHF

detaillierte Lektionen: 12

Termine:	Datum	Uhrzeiten
	15.01.2025	18:30 - 19:15
	22.01.2025	18:30 - 19:15
	29.01.2025	18:30 - 19:15
	05.02.2025	18:30 - 19:15
	12.02.2025	18:30 - 19:15

19.02.2025	18:30 - 19:15
26.02.2025	18:30 - 19:15
19.03.2025	18:30 - 19:15
26.03.2025	18:30 - 19:15
02.04.2025	18:30 - 19:15
09.04.2025	18:30 - 19:15
