

BESCHREIBUNG KURSANGEBOT:

BEGINNER 3

Kursnummer: 261352

Ort: Rialto, Sportbecken Bahn 3
Adresse:
Birsigstrasse 45
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 your 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: Peppa Schwerdtner und Aurelia Häusler

Kursniveau:

Bemerkung:

Kosten: 325.00 CHF

detaillierte Lektionen: 10

Termine:	Datum	Uhrzeiten
	05.01.2026	19:45 - 20:30
	12.01.2026	19:45 - 20:30
	19.01.2026	19:45 - 20:30
	26.01.2026	19:45 - 20:30
	02.02.2026	19:45 - 20:30
	09.02.2026	19:45 - 20:30
	02.03.2026	19:45 - 20:30
	09.03.2026	19:45 - 20:30
	16.03.2026	19:45 - 20:30
	23.03.2026	19:45 - 20:30
