

BESCHREIBUNG KURSANGEBOT:

BEGINNER 3

Kursnummer: 263355

Ort: Rialto, Kursschwimmbecken Bahn 1
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 you 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: Dhanu Huck

Kursniveau:

Bemerkung:

Kosten: 455.00 CHF

detaillierte Lektionen: 14

Termine:	Datum	Uhrzeiten
	01.09.2026	18:45 - 19:30
	08.09.2026	18:45 - 19:30
	15.09.2026	18:45 - 19:30
	22.09.2026	18:45 - 19:30
	13.10.2026	18:45 - 19:30
	20.10.2026	18:45 - 19:30
	27.10.2026	18:45 - 19:30
	03.11.2026	18:45 - 19:30
	10.11.2026	18:45 - 19:30
	17.11.2026	18:45 - 19:30
	24.11.2026	18:45 - 19:30
	01.12.2026	18:45 - 19:30
	08.12.2026	18:45 - 19:30
	15.12.2026	18:45 - 19:30
