

BESCHREIBUNG KURSANGEBOT:

BEGINNER 2

Kursnummer: 234326

Ort: AZ Weiherweg , Bahn 1
Adresse:
Rudolfstr. 43
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 2

Prerequisites:

Correct exhalation with head underwater
Floating on the stomach and back
Basic breathing techniques
Basic propulsion movements with arms and legs
Feeling safe in chest-deep water

Content:

Improve and consolidate breathing techniques
Tension and coordination exercises to enhance backstroke and crawl fundamentals
Self-rescue, such as rolling from front float to back float.

Goals:

Build water safety and self-confidence
Swim approx. 10 meters backstroke and crawl using basic form

Trainer: Sara Plattner

Kursniveau:

Bemerkung:

Kosten: 315.00 CHF

detaillierte Lektionen: 10

Termine:	Datum	Uhrzeiten
	18.10.2023	19:15 - 20:00
	25.10.2023	19:15 - 20:00
	01.11.2023	19:15 - 20:00
	08.11.2023	19:15 - 20:00
	15.11.2023	19:15 - 20:00
	22.11.2023	19:15 - 20:00
	29.11.2023	19:15 - 20:00
	06.12.2023	19:15 - 20:00
	13.12.2023	19:15 - 20:00
	20.12.2023	19:15 - 20:00