

BESCHREIBUNG KURSANGEBOT:

BEGINNER 4 (DEEP WATER)

Kursnummer: 234315

Ort: Schulhaus St. Johann, Bahn 3
Adresse:
St. Johannis-Ring 17
4056 Basel

Lerninhalt: **Swimming - the healthiest sport**

Water provides the perfect environment to train endurance, strength, and coordination skills.

However, to achieve lasting health benefits through swimming, it is essential to be able to keep your head underwater while swimming.

Beginner 4 (deep water)

Prerequisite

Basics crawl/breaststroke/backstroke

The ability to swim at least 25 m at a stretch

Content

Dispel fear of deep water

Improvement of the basics crawl, breaststroke and backstroke

Improvement of endurance and strength

Goals

Overcoming fear of deep water

Improvement of the basics

Swimming 50 m at a stretch

Trainer: Jonas David Gut und Robert Jobst

Kursniveau:

Bemerkung:

Kosten: 315.00 CHF

detaillierte
Termine:

Lektionen: 10

Datum	Uhrzeiten
16.10.2023	20:45 - 21:30
23.10.2023	20:45 - 21:30
30.10.2023	20:45 - 21:30
06.11.2023	20:45 - 21:30
13.11.2023	20:45 - 21:30
20.11.2023	20:45 - 21:30
27.11.2023	20:45 - 21:30
04.12.2023	20:45 - 21:30
11.12.2023	20:45 - 21:30
18.12.2023	20:45 - 21:30
