

BESCHREIBUNG KURSANGEBOT:

BEGINNER 2

Kursnummer: 251355

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 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:	Fabian Hafner
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Kursniveau:

Bemerkung:

Kosten: 390.00 CHF

detaillierte Lektionen: 12

Termine:	Datum	Uhrzeiten
	07.01.2025	18:45 - 19:30
	14.01.2025	18:45 - 19:30
	21.01.2025	18:45 - 19:30
	28.01.2025	18:45 - 19:30
	04.02.2025	18:45 - 19:30
	11.02.2025	18:45 - 19:30
	18.02.2025	18:45 - 19:30
	25.02.2025	18:45 - 19:30
	18.03.2025	18:45 - 19:30
	25.03.2025	18:45 - 19:30
	01.04.2025	18:45 - 19:30
	08.04.2025	18:45 - 19:30