Schwimmschule -Knechtli.ch
Alles Andere als Trockenübungen

BESCHREIBUNG KURSANGEBOT:

BEGINNER 4 (DEEP WATER)

Kursnummer: 202315

Ort:	Schulhaus St. Johann, Bahn 1 Adresse: St. Johanns-Ring 17 4056 Basel
Lerninhalt:	**Swimming**- the healthiest form of 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 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:	Robert Jobst
Kursniveau:	
Bemerkung:	
Kosten:	270.00 CHF
detaillierte Termine:	Lektionen: 9 Datum Uhrzeiten keine

	Termine vorhanden