

BESCHREIBUNG KURSANGEBOT:

TRAINING GROUP ADULTS 60MIN

Kursnummer: 261353

Ort: Rialto, Sportbecken Bahn 2
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.

Adult training group 60 min

Prerequisites:

Proficient in various swimming techniques

Able to swim approx. 300 meters crawl continuously

Content:

Structured swim training

Individual corrections

Strength, endurance, and coordination training

Goals:

Swim approx. 1000 meters crawl continuously

Improve strength and endurance

Trainer: Marisa Circhetta und Anne Hersperger

Alles Andere als Trockenübungen

Kursniveau:

Bemerkung:

Kosten: 330.00 CHF

detaillierte Lektionen: 10

Termine:	Datum	Uhrzeiten
	05.01.2026	19:45 - 20:45
	12.01.2026	19:45 - 20:45
	19.01.2026	19:45 - 20:45
	26.01.2026	19:45 - 20:45
	02.02.2026	19:45 - 20:45
	09.02.2026	19:45 - 20:45
	02.03.2026	19:45 - 20:45
	09.03.2026	19:45 - 20:45
	16.03.2026	19:45 - 20:45
	23.03.2026	19:45 - 20:45
