

BESCHREIBUNG KURSANGEBOT:

BEGINNER 3

Kursnummer: 262329

Ort: AZ Weiherweg , Bahn 2
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 you head below water.

Beginner 3

Prerequisite:

Swim approx. 10 meters backstroke and crawl using basic form

Content:

Improve coordination of breathing with overall crawl movement
Targeted technique exercises for backstroke and crawl
Enhance body tension, strength, coordination, and endurance

Goals:

Swim approx. 25 meters backstroke and crawl using basic form

Trainer: Aimée Ruch

Kursniveau:

Bemerkung:

Kosten: 357.50 CHF

detaillierte Lektionen: 11

Termine:	Datum	Uhrzeiten
	15.04.2026	19:15 - 20:00
	22.04.2026	19:15 - 20:00
	29.04.2026	19:15 - 20:00
	06.05.2026	19:15 - 20:00
	13.05.2026	19:15 - 20:00
	20.05.2026	19:15 - 20:00
	27.05.2026	19:15 - 20:00
	03.06.2026	19:15 - 20:00
	10.06.2026	19:15 - 20:00
	17.06.2026	19:15 - 20:00
	24.06.2026	19:15 - 20:00
