

BESCHREIBUNG KURSANGEBOT:

BEGINNER 3

Kursnummer: 253355

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 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:	Dhanu Huck
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Kursniveau:

Bemerkung:

Kosten:	455.00 CHF
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detaillierte	<u>Lektionen: 14</u>
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Termine:	Datum	Uhrzeiten
	02.09.2025	18:45 - 19:30
	09.09.2025	18:45 - 19:30
	16.09.2025	18:45 - 19:30
	23.09.2025	18:45 - 19:30
	14.10.2025	18:45 - 19:30
	21.10.2025	18:45 - 19:30
	28.10.2025	18:45 - 19:30
	04.11.2025	18:45 - 19:30
	11.11.2025	18:45 - 19:30
	18.11.2025	18:45 - 19:30
	25.11.2025	18:45 - 19:30
	02.12.2025	18:45 - 19:30
	09.12.2025	18:45 - 19:30
	16.12.2025	18:45 - 19:30
