

## BESCHREIBUNG KURSANGEBOT:

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### AQUA-GYM

Kursnummer: 200209

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| Ort:     | Rialto, Lehrschwimmbecken Bahn 1 |
| Adresse: | Birsigstrasse 45<br>4054 Basel   |

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Lerninhalt:

**Aqua-Gym** is also a course accompanied by music. Specific walking, running, hopping but also revitalizing and stretching of the muscles are practised in breast high water of 32 ° which provides for **physical and mental comfort**. The diversified course program guarantees fun and motivation. **Aqua-Gym** is suitable for young and old, especially for non-swimmers, unpractised and overweight individuals, but also for the prevention of degenerative wear.

**If you decide to sign up for a Aqua-Gym course, you will get a subscription for 10 entries. You can join the course at any time.**

If you have any further questions, don't hesitate to [contact us!](#)

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| Trainer:              | Agnes Vonarburg und Regula Saner und Andrea Mäder und Anne Hersperger               |
| Kursniveau:           |                                                                                     |
| Bemerkung:            |                                                                                     |
| Kosten:               | 1'258.00 CHF                                                                        |
| detaillierte Termine: | <u>Lektionen: 74</u><br>Datum            Uhrzeiten<br>keine<br>Termine<br>vorhanden |

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