

BESCHREIBUNG KURSANGEBOT:

BEGINNER 1

Kursnummer: 261350

Ort:	Rialto, Sportbecken Bahn 3
Adresse:	Birsigstrasse 45 4054 Basel

Lerninhalt: **Swimming - the healthiest sport**

Water provides the perfect environment to train endurance, strength, and coordination skills.

However, to achieve lasting health benefits through swimming, it is essential to be able to keep your head underwater while swimming.

Beginner 1

Prerequisite:

None

Content:

Water familiarization

Floating on the stomach and back

Basic breathing techniques

Basic propulsion movements with arms and legs

Goals:

Develop body tension

Gain safety and confidence in the water

Reduce fear

Exhale correctly while the head is underwater

Trainer:	Peppa Schwerdtner und Aurelia Häusler		Alles Andere als Trockenübungen
Kursniveau:			
Bemerkung:			
Kosten:	325.00 CHF		
detaillierte	<u>Lektionen: 10</u>		
Termine:	Datum	Uhrzeiten	
	05.01.2026	19:00 - 19:45	
	12.01.2026	19:00 - 19:45	
	19.01.2026	19:00 - 19:45	
	26.01.2026	19:00 - 19:45	
	02.02.2026	19:00 - 19:45	
	09.02.2026	19:00 - 19:45	
	02.03.2026	19:00 - 19:45	
	09.03.2026	19:00 - 19:45	
	16.03.2026	19:00 - 19:45	
	23.03.2026	19:00 - 19:45	