

BESCHREIBUNG KURSANGEBOT:

BEGINNER 3

Kursnummer: 251356

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:	Fabian Hafner
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Kursniveau:

Bemerkung:

Kosten:	390.00 CHF
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detaillierte	<u>Lektionen: 12</u>
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Termine:	Datum	Uhrzeiten
	07.01.2025	19:30 - 20:15
	14.01.2025	19:30 - 20:15
	21.01.2025	19:30 - 20:15
	28.01.2025	19:30 - 20:15
	04.02.2025	19:30 - 20:15
	11.02.2025	19:30 - 20:15
	18.02.2025	19:30 - 20:15
	25.02.2025	19:30 - 20:15
	18.03.2025	19:30 - 20:15
	25.03.2025	19:30 - 20:15
	01.04.2025	19:30 - 20:15
	08.04.2025	19:30 - 20:15
