

BESCHREIBUNG KURSANGEBOT:

BEGINNER 3

Kursnummer: 262355

Ort: Rialto, Kursschwimmbecken Bahn 2
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 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: Dhanu Huck

Kursniveau:

Bemerkung:

Kosten: 357.50 CHF

detaillierte Lektionen: 11

Termine:	Datum	Uhrzeiten
	14.04.2026	18:45 - 19:30
	21.04.2026	18:45 - 19:30
	28.04.2026	18:45 - 19:30
	05.05.2026	18:45 - 19:30
	12.05.2026	18:45 - 19:30
	19.05.2026	18:45 - 19:30
	26.05.2026	18:45 - 19:30
	02.06.2026	18:45 - 19:30
	09.06.2026	18:45 - 19:30
	16.06.2026	18:45 - 19:30
	23.06.2026	18:45 - 19:30
