Schwimmschule -Knechtli.ch
Alles Andere als Trockenübungen

BESCHREIBUNG KURSANGEBOT:

PARENT-CHILD FOR 3-4 YEARS

Kursnummer: 203454

Ort:	Felix-Platter Spital, Hallenbad Adresse: Burgfelderstrasse 101 4055 Basel
Lerninhalt:	In parent-child swimming, the natural urge to move of 1 to 4 year olds is used sensibly and lived out without pressure to perform. The basic movements in the water, such as diving or jumping, are practised and encouraged together. The children participate in the community activities through circle and singing games. In different groups, depending on the age of the children, creativity, play and fun are provided for. The parent-child relationship is intensified through conscious physical contact, eye contact and attention to the child. The child moves itself, but also feels safe and comfortable with the support of the parents. **Advantages for you and your child:** - The parent-child bond is strengthened. - Blood circulation is stimulated, all parts of the body are supplied with oxygen, which makes the children fit and more receptive. - The respiratory muscles are strengthened and the lung function improved by the water pressure and resistance.

- Strengthening of the supporting and postural muscles
- Gross and fine motor skills are promoted
- Contact with other children promotes social competence

If you have any questions, please do not hesitate to **contact us**.

Trainer:	Carole Janovjak
Kursniveau:	Mutter und Kind
Bemerkung:	
Kosten:	425.00 CHF
detaillierte Termine:	Lektionen: 17 Datum Uhrzeiten keine Termine vorhanden