

BESCHREIBUNG KURSANGEBOT:

BEGINNER 3

Kursnummer: 251350

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:	Peppa Schwerdtner und Aurelia Häusler
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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
	06.01.2025	19:00 - 19:45
	13.01.2025	19:00 - 19:45
	20.01.2025	19:00 - 19:45
	27.01.2025	19:00 - 19:45
	03.02.2025	19:00 - 19:45
	10.02.2025	19:00 - 19:45
	17.02.2025	19:00 - 19:45
	24.02.2025	19:00 - 19:45
	17.03.2025	19:00 - 19:45
	24.03.2025	19:00 - 19:45
	31.03.2025	19:00 - 19:45
	07.04.2025	19:00 - 19:45
