

BESCHREIBUNG KURSANGEBOT:

BEGINNER 1

Kursnummer: 251357

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 1

Prerequisite

- no requirements

Content

- Water acclimatisation
- Floating on belly and back
- Basics breathing technique
- First steps on how to move arms and legs

Goals

- Physical tension
- Gaining confidence in water
- Fear reduction
- Submerging the head under water

Trainer: Fabian Hafner

Kursniveau:

Bemerkung:

Kosten: 390.00 CHF

detaillierte Lektionen: 12

Termine:	Datum	Uhrzeiten
	07.01.2025	20:15 - 21:00
	14.01.2025	20:15 - 21:00
	21.01.2025	20:15 - 21:00
	28.01.2025	20:15 - 21:00
	04.02.2025	20:15 - 21:00
	11.02.2025	20:15 - 21:00
	18.02.2025	20:15 - 21:00
	25.02.2025	20:15 - 21:00
	18.03.2025	20:15 - 21:00
	25.03.2025	20:15 - 21:00
	01.04.2025	20:15 - 21:00
	08.04.2025	20:15 - 21:00
