

## BESCHREIBUNG KURSANGEBOT:

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### AQUA-POWER

Kursnummer: 251228

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Ort: Rialto, Kursschwimmbecken Bahn 2  
Adresse:  
Birsigstrasse 45  
4054 Basel

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Lerninhalt:

**Aqua-Power** is a course accompanied by music. Specific walking, running, hopping but also revitalizing and stretching of the muscles are practised in breast high water of 32 ° which provides for **physical and mental comfort**. The diversified course program guarantees fun and motivation. **Aqua-Power** is suitable for young and old, especially for non-swimmers, unpractised and overweight individuals.

**Aqua power courses are billed on a quarterly basis. You pay for 4 lessons in advance and receive a final invoice for the attended lessons at the end of the quarter.**

If you have any further questions, don't hesitate to [contact us!](#)

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Trainer: Christoph Fleischhacker

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Kursniveau:

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Bemerkung:

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Kosten: 306.00 CHF

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detaillierte Lektionen: 12

Termine:	Datum	Uhrzeiten
	15.01.2025	19:20 - 20:05
	22.01.2025	19:20 - 20:05
	29.01.2025	19:20 - 20:05
	05.02.2025	19:20 - 20:05
	12.02.2025	19:20 - 20:05

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19.02.2025	19:20 - 20:05
26.02.2025	19:20 - 20:05
19.03.2025	19:20 - 20:05
26.03.2025	19:20 - 20:05
02.04.2025	19:20 - 20:05
09.04.2025	19:20 - 20:05

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