

BESCHREIBUNG KURSANGEBOT:

AQUA-POWER

Kursnummer: 261228

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

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!](#)

Trainer: Christoph Fleischhacker und Irène Tschopp

Kursniveau:

Bemerkung:

Kosten: 1'428.00 CHF

detaillierte Lektionen: 56

Termine:	Datum	Uhrzeiten
	22.04.2026	19:20 - 20:05
	29.04.2026	19:20 - 20:05
	06.05.2026	19:20 - 20:05
	13.05.2026	19:20 - 20:05
	20.05.2026	19:20 - 20:05

27.05.2026	19:20 - 20:05
03.06.2026	19:20 - 20:05
10.06.2026	19:20 - 20:05
17.06.2026	19:20 - 20:05
24.06.2026	19:20 - 20:05
