

BESCHREIBUNG KURSANGEBOT:

BEGINNER 3

Kursnummer: 254328

Ort: AZ Weiherweg , Bahn 1
Adresse:
Rudolfstr. 43
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 you 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: Astrid Blumenkamp

Kursniveau:

Bemerkung:

Kosten: 325.00 CHF

detaillierte Lektionen: 10

Termine:	Datum	Uhrzeiten
	16.10.2025	19:00 - 19:45
	23.10.2025	19:00 - 19:45
	30.10.2025	19:00 - 19:45
	06.11.2025	19:00 - 19:45
	13.11.2025	19:00 - 19:45
	20.11.2025	19:00 - 19:45
	27.11.2025	19:00 - 19:45
	04.12.2025	19:00 - 19:45
	11.12.2025	19:00 - 19:45
	18.12.2025	19:00 - 19:45
