

BESCHREIBUNG KURSANGEBOT:

BEGINNER 2

Kursnummer: 251352

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 2

Prerequisites:

Correct exhalation with head underwater
Floating on the stomach and back
Basic breathing techniques
Basic propulsion movements with arms and legs
Feeling safe in chest-deep water

Content:

Improve and consolidate breathing techniques
Tension and coordination exercises to enhance backstroke and crawl fundamentals
Self-rescue, such as rolling from front float to back float.

Goals:

Build water safety and self-confidence
Swim approx. 10 meters backstroke and crawl using basic form

Trainer:	Peppa Schwerdtner und Aurelia Häusler
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Kursniveau:

Bemerkung:

Kosten: 390.00 CHF

detaillierte Lektionen: 12

Termine:	Datum	Uhrzeiten
	06.01.2025	19:45 - 20:30
	13.01.2025	19:45 - 20:30
	20.01.2025	19:45 - 20:30
	27.01.2025	19:45 - 20:30
	03.02.2025	19:45 - 20:30
	10.02.2025	19:45 - 20:30
	17.02.2025	19:45 - 20:30
	24.02.2025	19:45 - 20:30
	17.03.2025	19:45 - 20:30
	24.03.2025	19:45 - 20:30
	31.03.2025	19:45 - 20:30
	07.04.2025	19:45 - 20:30