

BESCHREIBUNG KURSANGEBOT:

BEGINNER 3

Kursnummer: 234327

Ort: AZ Weiherweg , Bahn 2
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 your 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: Sandra Porfirio

Kursniveau:

Bemerkung:

Kosten: 315.00 CHF

detaillierte Lektionen: 10

Termine:	Datum	Uhrzeiten
	19.10.2023	19:00 - 19:45
	26.10.2023	19:00 - 19:45
	02.11.2023	19:00 - 19:45
	09.11.2023	19:00 - 19:45
	16.11.2023	19:00 - 19:45
	23.11.2023	19:00 - 19:45
	30.11.2023	19:00 - 19:45
	07.12.2023	19:00 - 19:45
	14.12.2023	19:00 - 19:45
	21.12.2023	19:00 - 19:45
