

BESCHREIBUNG

KURSANGEBOT:

BEGINNER COURSE CHILDREN FROM 13-15 YEAR

Kursnummer: 261758

Ort: Schulhaus Bläsi, Bahn 1
Adresse:
Müllheimerstrasse 94
4057 Basel

Lerninhalt: Our swimming course is designed for children aged 13 to 15 who are still hesitant to put their heads underwater and want to learn the basic swimming skills. This beginner course focuses on teaching essential foundations for safe and effective swimming.
In an age-appropriate and supportive environment, children will learn:

- **Proper Breathing Techniques:** How to feel comfortable in the water and breathe correctly.
- **Floating and Gliding:** Initial exercises to improve water confidence and control body positioning.
- **Water Propulsion:** Introduction to basic swimming movements to help them move safely in the water.

This course is perfect for older children and teens who have little to no swimming experience and want to gradually become more comfortable in the water. With patience and at a pace suited to their age, we guide them on their journey to becoming confident and capable swimmers.

Trainer:	Fabian Hafner	
Kursniveau:	Kinder	
<u>Bemerkung:</u>		
Kosten:	442.00 CHF	
detaillierte	<u>Lektionen:</u>	19
Termine:	Datum	Uhrzeiten
