

BESCHREIBUNG KURSANGEBOT:

BEGINNER 3

Kursnummer: 262352

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 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: Peppa Schwerdtner

Kursniveau:

Bemerkung:

Kosten: 325.00 CHF

detaillierte Lektionen: 10

Termine:	Datum	Uhrzeiten
	13.04.2026	19:45 - 20:30
	20.04.2026	19:45 - 20:30
	27.04.2026	19:45 - 20:30
	04.05.2026	19:45 - 20:30
	11.05.2026	19:45 - 20:30
	18.05.2026	19:45 - 20:30
	01.06.2026	19:45 - 20:30
	08.06.2026	19:45 - 20:30
	15.06.2026	19:45 - 20:30
	22.06.2026	19:45 - 20:30
