

BESCHREIBUNG KURSANGEBOT:

AQUA-POWER

Kursnummer: 233206

Ort:	AZ Weiherweg , Bahn 1 EW
Adresse:	Rudolfstr. 43
	4054 Basel

Lerninhalt:

Aqua-Power is a course accompanied by music. Specific walking, running, hopping but also revitalizing and stretching of the muscles are practised in breast high water of 32 ° which provides for **physical and mental comfort**. The diversified course program guarantees fun and motivation. **Aqua-Power** is suitable for young and old, especially for non-swimmers, unpractised and overweight individuals.

Aqua power courses are billed on a quarterly basis. You pay for 4 lessons in advance and receive a final invoice for the attended lessons at the end of the quarter.

If you have any further questions, don't hesitate to [contact us!](#)

Trainer:	Christoph Fleischhacker und Anne Hersperger
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Kursniveau:

Bemerkung:

Kosten:	240.00 CHF
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detaillierte	<u>Lektionen: 17</u>
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Termine:	Datum	Uhrzeiten
	keine	
	Termine	
	vorhanden	
