

BESCHREIBUNG KURSANGEBOT:

BEGINNER 3

Kursnummer: 261329

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: Aimée Ruch und Anne Hersperger

Kursniveau:

Bemerkung:

Kosten: 325.00 CHF

detaillierte Lektionen: 10

Termine:	Datum	Uhrzeiten
	07.01.2026	19:15 - 20:00
	14.01.2026	19:15 - 20:00
	21.01.2026	19:15 - 20:00
	28.01.2026	19:15 - 20:00
	04.02.2026	19:15 - 20:00
	11.02.2026	19:15 - 20:00
	04.03.2026	19:15 - 20:00
	11.03.2026	19:15 - 20:00
	18.03.2026	19:15 - 20:00
	25.03.2026	19:15 - 20:00
