

BESCHREIBUNG KURSANGEBOT:

TRAINING GROUPE ADULTS

Kursnummer: 234306

Ort: Schulhaus Bläsi, Bahn 2
Adresse:
Müllheimerstrasse 94
4057 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.

Adult training group

Prerequisites:

Proficient in various swimming techniques

Able to swim approx. 300 meters crawl continuously

Content:

Structured swim training

Individual corrections

Strength, endurance, and coordination training

Goals:

Swim approx. 1000 meters crawl continuously

Improve strength and endurance

Trainer: Lara Flückiger und Sara Slimane und Marisa Circhetta

Kursniveau:

Bemerkung:

Kosten: 295.00 CHF

detaillierte Lektionen: 10

Termine:	Datum	Uhrzeiten
	keine	
	Termine	
	vorhanden	