

BESCHREIBUNG KURSANGEBOT:

BEGINNER 2

Kursnummer: 251327

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 you head below water.

Beginner 2

Prerequisite

- Able to submerge head under water
- Floating on belly and back
- Basics breathing technique
- First steps on how to move arms and legs

Content

- Improvement of breathing technique
- Basics Crawl/Backstroke/Breast

Goals

- Basics Crawl/Backstroke/Breast
- Gaining self-confidence in water

Trainer: Sandra Porfirio

Kursniveau:

Bemerkung:

Kosten: 390.00 CHF

detaillierte Lektionen: 12

| Termine: | Datum | Uhrzeiten |
|----------|------------|---------------|
| | 09.01.2025 | 19:00 - 19:45 |
| | 16.01.2025 | 19:00 - 19:45 |
| | 23.01.2025 | 19:00 - 19:45 |
| | 30.01.2025 | 19:00 - 19:45 |
| | 06.02.2025 | 19:00 - 19:45 |
| | 13.02.2025 | 19:00 - 19:45 |
| | 20.02.2025 | 19:00 - 19:45 |
| | 27.02.2025 | 19:00 - 19:45 |
| | 20.03.2025 | 19:00 - 19:45 |
| | 27.03.2025 | 19:00 - 19:45 |
| | 03.04.2025 | 19:00 - 19:45 |
| | 10.04.2025 | 19:00 - 19:45 |
