

BESCHREIBUNG KURSANGEBOT:

TRAINING GROUPE ADULTS

Kursnummer: 201306

Ort: Rialto, Grosses Becken 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 your head below water.

Adult training group

Requirement: The ability to swim 1 km at a stretch

Goal: Technique and endurance training

Trainer: Florian Geiser und Anne Hersperger

Kursniveau:

Bemerkung:

Kosten: 231.00 CHF

detaillierte Lektionen: 11

Termine:	Datum	Uhrzeiten
	09.01.2020	20:15 - 21:15
	16.01.2020	20:15 - 21:15
	23.01.2020	20:15 - 21:15
	30.01.2020	20:15 - 21:15
	06.02.2020	20:15 - 21:15
	13.02.2020	20:15 - 21:15
	20.02.2020	20:15 - 21:15
	12.03.2020	20:15 - 21:15
	19.03.2020	20:15 - 21:15
	26.03.2020	20:15 - 21:15
	02.04.2020	20:15 - 21:15
