

BESCHREIBUNG KURSANGEBOT:

BEGINNER 2

Kursnummer: 251355

Ort: Rialto, Kursschwimmbecken 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 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: Fabian Hafner

Kursniveau:

Bemerkung:

Kosten: 390.00 CHF

detaillierte Lektionen: 12

Termine:	Datum	Uhrzeiten
	07.01.2025	18:45 - 19:30
	14.01.2025	18:45 - 19:30
	21.01.2025	18:45 - 19:30
	28.01.2025	18:45 - 19:30
	04.02.2025	18:45 - 19:30
	11.02.2025	18:45 - 19:30
	18.02.2025	18:45 - 19:30
	25.02.2025	18:45 - 19:30
	18.03.2025	18:45 - 19:30
	25.03.2025	18:45 - 19:30
	01.04.2025	18:45 - 19:30
	08.04.2025	18:45 - 19:30
