

## BESCHREIBUNG KURSANGEBOT:

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### BEGINNER 2

Kursnummer: 251352

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Ort: Rialto, Kursschwimmbecken Bahn 1  
Adresse:  
Birsigstrasse 45  
4054 Basel

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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

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Trainer: Peppa Schwerdtner und Aurelia Häusler

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Kursniveau:

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Bemerkung:

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Kosten: 390.00 CHF

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detaillierte Lektionen: 12

Termine:	Datum	Uhrzeiten
	06.01.2025	19:45 - 20:30
	13.01.2025	19:45 - 20:30
	20.01.2025	19:45 - 20:30
	27.01.2025	19:45 - 20:30
	03.02.2025	19:45 - 20:30
	10.02.2025	19:45 - 20:30
	17.02.2025	19:45 - 20:30
	24.02.2025	19:45 - 20:30
	17.03.2025	19:45 - 20:30
	24.03.2025	19:45 - 20:30
	31.03.2025	19:45 - 20:30
	07.04.2025	19:45 - 20:30

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