

BESCHREIBUNG KURSANGEBOT:

SEAHORSE

Kursnummer: 241630

Ort: AZ Weiherweg , Bahn 2
Adresse:
Rudolfstr. 43
4054 Basel

Lerninhalt: **Basics 2 water accomplishment (4 to 5 years)**

Test content:

- 3 m „Seal swimming“
- Floating for 5 sec. on their stomach
- 3 m gliding in the dorsal position
- Making a header into the water from a sitting position on the edge of the pool and 3 m gliding.
- Jump feet first with nasal breathing

Trainer: Sara Plattner

Kursniveau: Kinder

Bemerkung:

Kosten: 465.00 CHF

detaillierte Lektionen: 20

Termine:	Datum	Uhrzeiten
	10.01.2024	17:00 - 17:45
	17.01.2024	17:00 - 17:45
	24.01.2024	17:00 - 17:45
	31.01.2024	17:00 - 17:45
	07.02.2024	17:00 - 17:45
	28.02.2024	17:00 - 17:45
	06.03.2024	17:00 - 17:45
	13.03.2024	17:00 - 17:45
	20.03.2024	17:00 - 17:45
	10.04.2024	17:00 - 17:45
	17.04.2024	17:00 - 17:45

24.04.2024	17:00 - 17:45
08.05.2024	17:00 - 17:45
15.05.2024	17:00 - 17:45
22.05.2024	17:00 - 17:45
29.05.2024	17:00 - 17:45
05.06.2024	17:00 - 17:45
12.06.2024	17:00 - 17:45
19.06.2024	17:00 - 17:45
26.06.2024	17:00 - 17:45
