

BESCHREIBUNG KURSANGEBOT:

SEAHORSE

Kursnummer: 241644

Ort: AZ Weiherweg , Bahn 1
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: Sandra Porfirio und Marisa Circhetta

Kursniveau: Kinder

Bemerkung:

Kosten: 465.00 CHF

detaillierte Lektionen: 20

Termine:	Datum	Uhrzeiten
	11.01.2024	17:30 - 18:15
	18.01.2024	17:30 - 18:15
	25.01.2024	17:30 - 18:15
	01.02.2024	17:30 - 18:15
	08.02.2024	17:30 - 18:15
	29.02.2024	17:30 - 18:15
	07.03.2024	17:30 - 18:15
	14.03.2024	17:30 - 18:15
	21.03.2024	17:30 - 18:15
	11.04.2024	17:30 - 18:15
	18.04.2024	17:30 - 18:15

25.04.2024	17:30 - 18:15
02.05.2024	17:30 - 18:15
16.05.2024	17:30 - 18:15
23.05.2024	17:30 - 18:15
30.05.2024	17:30 - 18:15
06.06.2024	17:30 - 18:15
13.06.2024	17:30 - 18:15
20.06.2024	17:30 - 18:15
27.06.2024	17:30 - 18:15
