

BESCHREIBUNG KURSANGEBOT:

SEAHORSE

Kursnummer: 251733

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

Lerninhalt:	Basics 2 water accomplishment (4 to 5 years)
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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:	Davide Rossi
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Kursniveau:	Kinder
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Bemerkung:	
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Kosten:	419.00 CHF
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detaillierte	<u>Lektionen: 18</u>
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Termine:	Datum	Uhrzeiten
	12.01.2025	11:30 - 12:15
	19.01.2025	11:30 - 12:15
	26.01.2025	11:30 - 12:15
	02.02.2025	11:30 - 12:15
	09.02.2025	11:30 - 12:15
	16.02.2025	11:30 - 12:15
	23.02.2025	11:30 - 12:15
	02.03.2025	11:30 - 12:15
	23.03.2025	11:30 - 12:15
	30.03.2025	11:30 - 12:15
	06.04.2025	11:30 - 12:15

13.04.2025	11:30 - 12:15
04.05.2025	11:30 - 12:15
11.05.2025	11:30 - 12:15
18.05.2025	11:30 - 12:15
25.05.2025	11:30 - 12:15
15.06.2025	11:30 - 12:15
22.06.2025	11:30 - 12:15
