

## BESCHREIBUNG KURSANGEBOT:

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### SHARK

Kursnummer: 251515

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Ort: Bäumlihof, Sportbecken Bahn 2  
Adresse:  
Zu den drei Linden 80  
4058 Basel

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Lerninhalt: **Swimtest 3**

Test contents:

- 25 m Dolphin with arm movement
- 50 m Backstroke one-armed
- 25 m Breaststroke coordination, arm - leg - leg
- 25 m Windscreen wiper crawl
- 100 m Swimming (25 m Dolphin + 25 m Backstroke rotation + 25 m Breast-Coordination + 25 m Superman-Crawl)
- Backstroke racing dive and turn with dolphin kick (simple)

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Trainer: Cedric Lochmann und Sara Slimane

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Kursniveau:

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Bemerkung:

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Kosten: 488.00 CHF

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detaillierte Lektionen: 21

Termine:	Datum	Uhrzeiten
	07.01.2025	17:30 - 18:15
	14.01.2025	17:30 - 18:15
	21.01.2025	17:30 - 18:15
	28.01.2025	17:30 - 18:15
	04.02.2025	17:30 - 18:15
	11.02.2025	17:30 - 18:15
	18.02.2025	17:30 - 18:15
	25.02.2025	17:30 - 18:15
	18.03.2025	17:30 - 18:15
	25.03.2025	17:30 - 18:15

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01.04.2025	17:30 - 18:15
08.04.2025	17:30 - 18:15
29.04.2025	17:30 - 18:15
06.05.2025	17:30 - 18:15
13.05.2025	17:30 - 18:15
20.05.2025	17:30 - 18:15
27.05.2025	17:30 - 18:15
03.06.2025	17:30 - 18:15
10.06.2025	17:30 - 18:15
17.06.2025	17:30 - 18:15
24.06.2025	17:30 - 18:15

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