

BESCHREIBUNG KURSANGEBOT:

SEAHORSE

Kursnummer: 243564

Ort: SuFz Wenkenstrasse, Bahn 3
Adresse:
Wenkenstrasse 33
4125 Riehen

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: Nevitha Sivarajah

Kursniveau: Kinder

Bemerkung:

Kosten: 396.00 CHF

detaillierte Lektionen: 17

Termine:	Datum	Uhrzeiten
	14.08.2024	17:30 - 18:15
	21.08.2024	17:30 - 18:15
	28.08.2024	17:30 - 18:15
	04.09.2024	17:30 - 18:15
	11.09.2024	17:30 - 18:15
	18.09.2024	17:30 - 18:15
	25.09.2024	17:30 - 18:15
	16.10.2024	17:30 - 18:15
	23.10.2024	17:30 - 18:15
	30.10.2024	17:30 - 18:15
	06.11.2024	17:30 - 18:15

13.11.2024	17:30 - 18:15
20.11.2024	17:30 - 18:15
27.11.2024	17:30 - 18:15
04.12.2024	17:30 - 18:15
11.12.2024	17:30 - 18:15
18.12.2024	17:30 - 18:15
