

BESCHREIBUNG KURSANGEBOT:

SEAHORSE

Kursnummer: 253723

Ort: Rialto, Kursschwimmbecken Bahn 1
Adresse:
Birsigstrasse 45
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: Tamino Sulser und Sandra Porfirio

Kursniveau: Kinder

Bemerkung:

Kosten: 327.00 CHF

detaillierte Lektionen: 14

Termine:	Datum	Uhrzeiten
	06.09.2025	11:30 - 12:15
	13.09.2025	11:30 - 12:15
	20.09.2025	11:30 - 12:15
	27.09.2025	11:30 - 12:15
	18.10.2025	11:30 - 12:15
	25.10.2025	11:30 - 12:15
	01.11.2025	11:30 - 12:15
	08.11.2025	11:30 - 12:15
	15.11.2025	11:30 - 12:15
	22.11.2025	11:30 - 12:15
	29.11.2025	11:30 - 12:15

06.12.2025	11:30 - 12:15
13.12.2025	11:30 - 12:15
20.12.2025	11:30 - 12:15
