

## BESCHREIBUNG KURSANGEBOT:

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### ANFÄNGERKURS KINDER 13-15 JAHRE

Kursnummer: 251758

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Ort: Schulhaus Bläsi, Bahn 1  
Adresse:  
Müllheimerstrasse 94  
4057 Basel

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Lerninhalt: Our swimming course is designed for children aged 13 to 15 who are still hesitant to put their heads underwater and want to learn the basic swimming skills. This beginner course focuses on teaching essential foundations for safe and effective swimming.

In an age-appropriate and supportive environment, children will learn:

- **Proper Breathing Techniques:** How to feel comfortable in the water and breathe correctly.
- **Floating and Gliding:** Initial exercises to improve water confidence and control body positioning.
- **Water Propulsion:** Introduction to basic swimming movements to help them move safely in the water.

This course is perfect for older children and teens who have little to no swimming experience and want to gradually become more comfortable in the water. With patience and at a pace suited to their age, we guide them on their journey to becoming confident and capable swimmers.

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Trainer: Fabian Hafner

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Kursniveau: Kinder

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Bemerkung:

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Kosten: 419.00 CHF

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detaillierte Lektionen: 18

Termine:	Datum	Uhrzeiten
	11.01.2025	12:15 - 13:00
	18.01.2025	12:15 - 13:00
	25.01.2025	12:15 - 13:00
	01.02.2025	12:15 - 13:00

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08.02.2025	12:15 - 13:00
15.02.2025	12:15 - 13:00
22.02.2025	12:15 - 13:00
01.03.2025	12:15 - 13:00
22.03.2025	12:15 - 13:00
29.03.2025	12:15 - 13:00
05.04.2025	12:15 - 13:00
12.04.2025	12:15 - 13:00
03.05.2025	12:15 - 13:00
10.05.2025	12:15 - 13:00
17.05.2025	12:15 - 13:00
24.05.2025	12:15 - 13:00
14.06.2025	12:15 - 13:00
21.06.2025	12:15 - 13:00

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