

BESCHREIBUNG KURSANGEBOT:

SEAHORSE

Kursnummer: 233700

Ort:	AZ Dalbehof, Dalbehof Bahn 2
Adresse:	Kapellenstrasse 17
	4052 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:	Sandra Studer	
Kursniveau:	Kinder	
Bemerkung:		
Kosten:	327.50 CHF	
detaillierte	<u>Lektionen: 16</u>	
Termine:	Datum	Uhrzeiten
	22.08.2023	13:45 - 14:30
	29.08.2023	13:45 - 14:30
	05.09.2023	13:45 - 14:30
	12.09.2023	13:45 - 14:30
	19.09.2023	13:45 - 14:30
	26.09.2023	13:45 - 14:30
	17.10.2023	13:45 - 14:30
	24.10.2023	13:45 - 14:30
	31.10.2023	13:45 - 14:30
	07.11.2023	13:45 - 14:30
	14.11.2023	13:45 - 14:30

21.11.2023	13:45 - 14:30
28.11.2023	13:45 - 14:30
05.12.2023	13:45 - 14:30
12.12.2023	13:45 - 14:30
19.12.2023	13:45 - 14:30
