

BESCHREIBUNG KURSANGEBOT:

SEAHORSE

Kursnummer: 243585

Ort: Schulhaus Vogelsang, Bahn 1
Adresse:
Schwarzwaldallee 107
4058 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: Dennis Keiser

Kursniveau: Kinder

Bemerkung:

Kosten: 350.00 CHF

detaillierte Lektionen: 15

Termine:	Datum	Uhrzeiten
	17.08.2024	09:45 - 10:30
	24.08.2024	09:45 - 10:30
	31.08.2024	09:45 - 10:30
	07.09.2024	09:45 - 10:30
	14.09.2024	09:45 - 10:30
	21.09.2024	09:45 - 10:30
	28.09.2024	09:45 - 10:30
	19.10.2024	09:45 - 10:30
	26.10.2024	09:45 - 10:30
	02.11.2024	09:45 - 10:30
	16.11.2024	09:45 - 10:30

23.11.2024	09:45 - 10:30
30.11.2024	09:45 - 10:30
07.12.2024	09:45 - 10:30
14.12.2024	09:45 - 10:30
