

## BESCHREIBUNG KURSANGEBOT:

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### SEAHORSE

Kursnummer: 243710

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Ort: Rialto, Kursschwimmbecken Bahn 1  
Adresse:  
Birsigstrasse 45  
4054 Basel

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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

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Trainer: Giuliana Roca

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Kursniveau: Kinder

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Bemerkung:

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Kosten: 327.00 CHF

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detaillierte Lektionen: 14

Termine:	Datum	Uhrzeiten
	05.09.2024	17:15 - 18:00
	12.09.2024	17:15 - 18:00
	19.09.2024	17:15 - 18:00
	26.09.2024	17:15 - 18:00
	17.10.2024	17:15 - 18:00
	24.10.2024	17:15 - 18:00
	31.10.2024	17:15 - 18:00
	07.11.2024	17:15 - 18:00
	14.11.2024	17:15 - 18:00
	21.11.2024	17:15 - 18:00
	28.11.2024	17:15 - 18:00

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05.12.2024	17:15 - 18:00
12.12.2024	17:15 - 18:00
19.12.2024	17:15 - 18:00

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