

BESCHREIBUNG KURSANGEBOT:

SEAHORSE

Kursnummer: 253517

Ort: Rialto, Kursschwimmbecken Bahn 3
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: Svenja Schneider und Sibylle Gut

Kursniveau: Kinder

Bemerkung:

Kosten: 327.00 CHF

detaillierte Lektionen: 14

Termine:	Datum	Uhrzeiten
	01.09.2025	17:30 - 18:15
	08.09.2025	17:30 - 18:15
	15.09.2025	17:30 - 18:15
	22.09.2025	17:30 - 18:15
	13.10.2025	17:30 - 18:15
	20.10.2025	17:30 - 18:15
	27.10.2025	17:30 - 18:15
	03.11.2025	17:30 - 18:15
	10.11.2025	17:30 - 18:15
	17.11.2025	17:30 - 18:15
	24.11.2025	17:30 - 18:15

01.12.2025	17:30 - 18:15
08.12.2025	17:30 - 18:15
15.12.2025	17:30 - 18:15
