

BESCHREIBUNG KURSANGEBOT:

SEAHORSE

Kursnummer: 251720

Ort: Rialto, Kursschwimmbecken Bahn 1
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: Tamino Sulser

Kursniveau: Kinder

Bemerkung:

Kosten: 419.00 CHF

detaillierte Lektionen: 18

Termine:	Datum	Uhrzeiten
	11.01.2025	09:15 - 10:00
	18.01.2025	09:15 - 10:00
	25.01.2025	09:15 - 10:00
	01.02.2025	09:15 - 10:00
	08.02.2025	09:15 - 10:00
	15.02.2025	09:15 - 10:00
	22.02.2025	09:15 - 10:00
	01.03.2025	09:15 - 10:00
	22.03.2025	09:15 - 10:00
	29.03.2025	09:15 - 10:00
	05.04.2025	09:15 - 10:00

12.04.2025	09:15 - 10:00
03.05.2025	09:15 - 10:00
10.05.2025	09:15 - 10:00
17.05.2025	09:15 - 10:00
24.05.2025	09:15 - 10:00
14.06.2025	09:15 - 10:00
21.06.2025	09:15 - 10:00
