

BESCHREIBUNG KURSANGEBOT:

SHARK

Kursnummer: 233511

Ort: Schulhaus Kirschgarten, Hallenbad Bahn 3
Adresse:
Hermann Kinkelin-Strasse 12
4051 Basel

Lerninhalt: **Swimtest 3**

Test contents:

- 25 m Dolphin with arm movement
- 50 m Backstroke one-armed
- 25 m Breaststroke coordination, arm - leg - leg
- 25 m Windscreen wiper crawl
- 100 m Swimming (25 m Dolphin + 25 m Backstroke rotation + 25 m Breast-Coordination + 25 m Superman-Crawl)
- Backstroke racing dive and turn with dolphin kick (simple)

Trainer: Andrea Reinhard

Kursniveau:

Bemerkung:

Kosten: 370.50 CHF

detaillierte Lektionen: 17

Termine:	Datum	Uhrzeiten
	14.08.2023	17:30 - 18:15
	21.08.2023	17:30 - 18:15
	28.08.2023	17:30 - 18:15
	04.09.2023	17:30 - 18:15
	11.09.2023	17:30 - 18:15
	18.09.2023	17:30 - 18:15
	25.09.2023	17:30 - 18:15
	16.10.2023	17:30 - 18:15
	23.10.2023	17:30 - 18:15
	30.10.2023	17:30 - 18:15

06.11.2023	17:30 - 18:15
13.11.2023	17:30 - 18:15
20.11.2023	17:30 - 18:15
27.11.2023	17:30 - 18:15
04.12.2023	17:30 - 18:15
11.12.2023	17:30 - 18:15
18.12.2023	17:30 - 18:15
