

BESCHREIBUNG KURSANGEBOT:

SEAHORSE

Kursnummer: 243508

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: Athuja Anantharasa

Kursniveau: Kinder

Bemerkung:

Kosten: 327.00 CHF

detaillierte Lektionen: 14

Termine:	Datum	Uhrzeiten
	02.09.2024	18:15 - 19:00
	09.09.2024	18:15 - 19:00
	16.09.2024	18:15 - 19:00
	23.09.2024	18:15 - 19:00
	14.10.2024	18:15 - 19:00
	21.10.2024	18:15 - 19:00
	28.10.2024	18:15 - 19:00
	04.11.2024	18:15 - 19:00
	11.11.2024	18:15 - 19:00
	18.11.2024	18:15 - 19:00
	25.11.2024	18:15 - 19:00

02.12.2024	18:15 - 19:00
09.12.2024	18:15 - 19:00
16.12.2024	18:15 - 19:00
