

BESCHREIBUNG KURSANGEBOT:

FROG

Kursnummer: 203509

Ort:	Rialto, Lehrschwimmbecken Bahn 2
Adresse:	Birsigstrasse 45 4054 Basel

Lerninhalt:	Basics 3 basic movements (5 to 6 years)
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Test content:

- 5 m „Helicopter swimming“
- Simultaneously moving both arms in a dorsal position (also called inverted breaststroke)
- 5 m gliding in dorsal position
- Diving for rings from the pool edge
- A somersault into the water

Trainer:	Sandra Studer
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Kursniveau:	Kinder
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Bemerkung:	
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Kosten:	306.00 CHF
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detaillierte	<u>Lektionen: 14</u>
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Termine:	Datum	Uhrzeiten
	31.08.2020	17:30 - 18:15
	07.09.2020	17:30 - 18:15
	14.09.2020	17:30 - 18:15
	21.09.2020	17:30 - 18:15
	12.10.2020	17:30 - 18:15
	19.10.2020	17:30 - 18:15
	26.10.2020	17:30 - 18:15
	02.11.2020	17:30 - 18:15
	09.11.2020	17:30 - 18:15
	16.11.2020	17:30 - 18:15
	23.11.2020	17:30 - 18:15

30.11.2020	17:30 - 18:15
07.12.2020	17:30 - 18:15
14.12.2020	17:30 - 18:15
