

## BESCHREIBUNG KURSANGEBOT:

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### SEAHORSE

Kursnummer: 251697

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Ort: AZ Weiherweg , Bahn 2  
Adresse:  
Rudolfstr. 43  
4054 Basel

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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

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Trainer: Anne Hersperger

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Kursniveau: Kinder

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Bemerkung:

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Kosten: 442.00 CHF

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detaillierte Lektionen: 19

| Termine: | Datum      | Uhrzeiten     |
|----------|------------|---------------|
|          | 09.01.2025 | 15:15 - 16:00 |
|          | 16.01.2025 | 15:15 - 16:00 |
|          | 23.01.2025 | 15:15 - 16:00 |
|          | 30.01.2025 | 15:15 - 16:00 |
|          | 06.02.2025 | 15:15 - 16:00 |
|          | 13.02.2025 | 15:15 - 16:00 |
|          | 20.02.2025 | 15:15 - 16:00 |
|          | 27.02.2025 | 15:15 - 16:00 |
|          | 20.03.2025 | 15:15 - 16:00 |
|          | 27.03.2025 | 15:15 - 16:00 |
|          | 03.04.2025 | 15:15 - 16:00 |

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|            |               |
|------------|---------------|
| 10.04.2025 | 15:15 - 16:00 |
| 08.05.2025 | 15:15 - 16:00 |
| 15.05.2025 | 15:15 - 16:00 |
| 22.05.2025 | 15:15 - 16:00 |
| 05.06.2025 | 15:15 - 16:00 |
| 12.06.2025 | 15:15 - 16:00 |
| 19.06.2025 | 15:15 - 16:00 |
| 26.06.2025 | 15:15 - 16:00 |

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