

## BESCHREIBUNG KURSANGEBOT:

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### SEAHORSE

Kursnummer: 243506

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Ort: Rialto, Kursschwimmbecken Bahn 2  
Adresse:  
Birsigstrasse 45  
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: Sandra Porfirio

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Kursniveau: Kinder

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Bemerkung:

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Kosten: 327.00 CHF

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detaillierte Lektionen: 14

Termine:	Datum	Uhrzeiten
	02.09.2024	17:30 - 18:15
	09.09.2024	17:30 - 18:15
	16.09.2024	17:30 - 18:15
	23.09.2024	17:30 - 18:15
	14.10.2024	17:30 - 18:15
	21.10.2024	17:30 - 18:15
	28.10.2024	17:30 - 18:15
	04.11.2024	17:30 - 18:15
	11.11.2024	17:30 - 18:15
	18.11.2024	17:30 - 18:15
	25.11.2024	17:30 - 18:15

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02.12.2024	17:30 - 18:15
09.12.2024	17:30 - 18:15
16.12.2024	17:30 - 18:15

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