

BESCHREIBUNG KURSANGEBOT:

SEAHORSE

Kursnummer: 253708

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: Laure Panchaud und Elena Debelic

Kursniveau: Kinder

Bemerkung:

Kosten: 327.00 CHF

detaillierte Lektionen: 14

Termine:	Datum	Uhrzeiten
	03.09.2025	16:45 - 17:30
	10.09.2025	16:45 - 17:30
	17.09.2025	16:45 - 17:30
	24.09.2025	16:45 - 17:30
	15.10.2025	16:45 - 17:30
	22.10.2025	16:45 - 17:30
	29.10.2025	16:45 - 17:30
	05.11.2025	16:45 - 17:30
	12.11.2025	16:45 - 17:30
	19.11.2025	16:45 - 17:30
	26.11.2025	16:45 - 17:30

03.12.2025	16:45 - 17:30
10.12.2025	16:45 - 17:30
17.12.2025	16:45 - 17:30
