

## BESCHREIBUNG KURSANGEBOT:

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### SEAHORSE

Kursnummer: 243589

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Ort: Schulhaus Vogelsang, Bahn 2  
Adresse:  
Schwarzwaldallee 107  
4058 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: Giulia Lavantsiotis und Nadine Ziltener und Athuja Anantharasa

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Kursniveau: Kinder

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Bemerkung:

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Kosten: 350.00 CHF

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detaillierte Lektionen: 15

Termine:	Datum	Uhrzeiten
	17.08.2024	10:30 - 11:15
	24.08.2024	10:30 - 11:15
	31.08.2024	10:30 - 11:15
	07.09.2024	10:30 - 11:15
	14.09.2024	10:30 - 11:15
	21.09.2024	10:30 - 11:15
	28.09.2024	10:30 - 11:15
	19.10.2024	10:30 - 11:15
	26.10.2024	10:30 - 11:15
	02.11.2024	10:30 - 11:15
	16.11.2024	10:30 - 11:15

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23.11.2024	10:30 - 11:15
30.11.2024	10:30 - 11:15
07.12.2024	10:30 - 11:15
14.12.2024	10:30 - 11:15

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