

## BESCHREIBUNG KURSANGEBOT:

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### FROG

Kursnummer: 263501

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

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

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

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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
	31.08.2026	16:45 - 17:30
	07.09.2026	16:45 - 17:30
	14.09.2026	16:45 - 17:30
	21.09.2026	16:45 - 17:30
	12.10.2026	16:45 - 17:30
	19.10.2026	16:45 - 17:30
	26.10.2026	16:45 - 17:30
	02.11.2026	16:45 - 17:30
	09.11.2026	16:45 - 17:30
	16.11.2026	16:45 - 17:30
	23.11.2026	16:45 - 17:30

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30.11.2026 16:45 - 17:30

07.12.2026 16:45 - 17:30

14.12.2026 16:45 - 17:30

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