

BESCHREIBUNG KURSANGEBOT:

SEAHORSE

Kursnummer: 233590

Ort: Schulhaus Vogelsang, Bahn 2
Adresse:
Schwarzwaldallee 107
4058 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: Dennis Keiser und Nadine Ziltener

Kursniveau: Kinder

Bemerkung:

Kosten: 349.00 CHF

detaillierte Lektionen: 16

Termine:	Datum	Uhrzeiten
	19.08.2023	11:15 - 12:00
	26.08.2023	11:15 - 12:00
	02.09.2023	11:15 - 12:00
	09.09.2023	11:15 - 12:00
	16.09.2023	11:15 - 12:00
	23.09.2023	11:15 - 12:00
	30.09.2023	11:15 - 12:00
	21.10.2023	11:15 - 12:00
	28.10.2023	11:15 - 12:00
	04.11.2023	11:15 - 12:00
	11.11.2023	11:15 - 12:00

18.11.2023	11:15 - 12:00
25.11.2023	11:15 - 12:00
02.12.2023	11:15 - 12:00
09.12.2023	11:15 - 12:00
16.12.2023	11:15 - 12:00
