

## BESCHREIBUNG KURSANGEBOT:

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### FROG

Kursnummer: 261691

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| Ort:     | AZ Weiherweg , Bahn 1 |
| Adresse: | Rudolfstr. 43         |
|          | 4054 Basel            |

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| Lerninhalt: | <b>Basics 3 basic movements (5 to 6 years)</b> |
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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: | Nadine Ziltener und Athuja Anantharasa |
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| Kursniveau: | Kinder |
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| Bemerkung: |  |
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| Kosten: | 419.00 CHF |
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| detaillierte | <u>Lektionen: 18</u> |
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| Termine: | Datum      | Uhrzeiten     |
|          | 11.01.2026 | 09:00 - 09:45 |
|          | 18.01.2026 | 09:00 - 09:45 |
|          | 25.01.2026 | 09:00 - 09:45 |
|          | 01.02.2026 | 09:00 - 09:45 |
|          | 08.02.2026 | 09:00 - 09:45 |
|          | 15.02.2026 | 09:00 - 09:45 |
|          | 08.03.2026 | 09:00 - 09:45 |
|          | 15.03.2026 | 09:00 - 09:45 |
|          | 22.03.2026 | 09:00 - 09:45 |
|          | 29.03.2026 | 09:00 - 09:45 |
|          | 19.04.2026 | 09:00 - 09:45 |

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| 26.04.2026 | 09:00 - 09:45 |
| 03.05.2026 | 09:00 - 09:45 |
| 10.05.2026 | 09:00 - 09:45 |
| 31.05.2026 | 09:00 - 09:45 |
| 07.06.2026 | 09:00 - 09:45 |
| 14.06.2026 | 09:00 - 09:45 |
| 21.06.2026 | 09:00 - 09:45 |

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