

## BESCHREIBUNG KURSANGEBOT:

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### FROG

Kursnummer: 251712

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| Ort:     | Rialto, Kursschwimmbecken Bahn 1 |
| Adresse: | Birsigstrasse 45<br>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: | Tania Reiser und Laure Panchaud |
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| Kursniveau: | Kinder |
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| Bemerkung: |  |
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| Kosten: | 488.00 CHF |
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| detaillierte | <u>Lektionen: 21</u> |
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|          |            |               |
|----------|------------|---------------|
| Termine: | Datum      | Uhrzeiten     |
|          | 07.01.2025 | 17:15 - 18:00 |
|          | 14.01.2025 | 17:15 - 18:00 |
|          | 21.01.2025 | 17:15 - 18:00 |
|          | 28.01.2025 | 17:15 - 18:00 |
|          | 04.02.2025 | 17:15 - 18:00 |
|          | 11.02.2025 | 17:15 - 18:00 |
|          | 18.02.2025 | 17:15 - 18:00 |
|          | 25.02.2025 | 17:15 - 18:00 |
|          | 18.03.2025 | 17:15 - 18:00 |
|          | 25.03.2025 | 17:15 - 18:00 |
|          | 01.04.2025 | 17:15 - 18:00 |

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| 08.04.2025 | 17:15 - 18:00 |
| 29.04.2025 | 17:15 - 18:00 |
| 06.05.2025 | 17:15 - 18:00 |
| 13.05.2025 | 17:15 - 18:00 |
| 20.05.2025 | 17:15 - 18:00 |
| 27.05.2025 | 17:15 - 18:00 |
| 03.06.2025 | 17:15 - 18:00 |
| 10.06.2025 | 17:15 - 18:00 |
| 17.06.2025 | 17:15 - 18:00 |
| 24.06.2025 | 17:15 - 18:00 |

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