

## BESCHREIBUNG KURSANGEBOT:

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### SEAHORSE

Kursnummer: 233572

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Ort: Spiegelfeld Binningen, Bahn 1  
Adresse:  
Wassergrabenstrasse 21  
4102 Binningen

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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: Svenja Schneider

Kursniveau: Kinder

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Bemerkung:

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Kosten: 349.00 CHF

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detaillierte Lektionen: 16

| Termine: | Datum      | Uhrzeiten     |
|----------|------------|---------------|
|          | 19.08.2023 | 09:15 - 10:00 |
|          | 26.08.2023 | 09:15 - 10:00 |
|          | 02.09.2023 | 09:15 - 10:00 |
|          | 09.09.2023 | 09:15 - 10:00 |
|          | 16.09.2023 | 09:15 - 10:00 |
|          | 23.09.2023 | 09:15 - 10:00 |
|          | 30.09.2023 | 09:15 - 10:00 |
|          | 21.10.2023 | 09:15 - 10:00 |
|          | 28.10.2023 | 09:15 - 10:00 |
|          | 04.11.2023 | 09:15 - 10:00 |
|          | 11.11.2023 | 09:15 - 10:00 |

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|            |               |
|------------|---------------|
| 18.11.2023 | 09:15 - 10:00 |
| 25.11.2023 | 09:15 - 10:00 |
| 02.12.2023 | 09:15 - 10:00 |
| 09.12.2023 | 09:15 - 10:00 |
| 16.12.2023 | 09:15 - 10:00 |

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