

## BESCHREIBUNG KURSANGEBOT:

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### SEAHORSE

Kursnummer: 261509

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| Ort:     | Rialto, Kursschwimmbecken Bahn 3 |
| Adresse: | Birsigstrasse 45<br>4054 Basel   |

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| Lerninhalt: | <b>Basics 2 water accomplishment (4 to 5 years)</b> |
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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: | Anna Vonarburg und Ines Zorn |
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| Kursniveau: | Kinder |
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| Bemerkung: |  |
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| Kosten: | 465.00 CHF |
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| detaillierte | <u>Lektionen: 20</u> |
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|          |            |               |
|----------|------------|---------------|
| Termine: | Datum      | Uhrzeiten     |
|          | 05.01.2026 | 16:45 - 17:30 |
|          | 12.01.2026 | 16:45 - 17:30 |
|          | 19.01.2026 | 16:45 - 17:30 |
|          | 26.01.2026 | 16:45 - 17:30 |
|          | 02.02.2026 | 16:45 - 17:30 |
|          | 09.02.2026 | 16:45 - 17:30 |
|          | 02.03.2026 | 16:45 - 17:30 |
|          | 09.03.2026 | 16:45 - 17:30 |
|          | 16.03.2026 | 16:45 - 17:30 |
|          | 23.03.2026 | 16:45 - 17:30 |
|          | 13.04.2026 | 16:45 - 17:30 |

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| 20.04.2026 | 16:45 - 17:30 |
| 27.04.2026 | 16:45 - 17:30 |
| 04.05.2026 | 16:45 - 17:30 |
| 11.05.2026 | 16:45 - 17:30 |
| 18.05.2026 | 16:45 - 17:30 |
| 01.06.2026 | 16:45 - 17:30 |
| 08.06.2026 | 16:45 - 17:30 |
| 15.06.2026 | 16:45 - 17:30 |
| 22.06.2026 | 16:45 - 17:30 |

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