

BESCHREIBUNG KURSANGEBOT:

SHARK

Kursnummer: 243514

Ort: Rialto, Sportbecken Bahn 5
Adresse:
Birsigstrasse 45
4054 Basel

Lerninhalt: **Swimtest 3**

Test contents:

- 25 m Dolphin with arm movement
- 50 m Backstroke one-armed
- 25 m Breaststroke coordination, arm - leg - leg
- 25 m Windscreen wiper crawl
- 100 m Swimming (25 m Dolphin + 25 m Backstroke rotation + 25 m Breast-Coordination + 25 m Superman-Crawl)
- Backstroke racing dive and turn with dolphin kick (simple)

Trainer: Nadine Ziltener

Kursniveau:

Bemerkung:

Kosten: 327.00 CHF

detaillierte Lektionen: 14

Termine:	Datum	Uhrzeiten
	02.09.2024	17:30 - 18:15
	09.09.2024	17:30 - 18:15
	16.09.2024	17:30 - 18:15
	23.09.2024	17:30 - 18:15
	14.10.2024	17:30 - 18:15
	21.10.2024	17:30 - 18:15
	28.10.2024	17:30 - 18:15
	04.11.2024	17:30 - 18:15
	11.11.2024	17:30 - 18:15
	18.11.2024	17:30 - 18:15

25.11.2024	17:30 - 18:15
02.12.2024	17:30 - 18:15
09.12.2024	17:30 - 18:15
16.12.2024	17:30 - 18:15
