

BESCHREIBUNG KURSANGEBOT:

SHARK | DOLPHIN

Kursnummer: 203613

Ort: Schulhaus Rittergasse, Bahn 2
Adresse:
Rittergasse 5
4051 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: Anne Hersperger

Kursniveau:

Bemerkung:

Kosten: 327.50 CHF

detaillierte Lektionen: 15

Termine:	Datum	Uhrzeiten
	15.08.2020	09:45 - 10:30
	22.08.2020	09:45 - 10:30
	29.08.2020	09:45 - 10:30
	05.09.2020	09:45 - 10:30
	12.09.2020	09:45 - 10:30
	19.09.2020	09:45 - 10:30
	17.10.2020	09:45 - 10:30
	24.10.2020	09:45 - 10:30
	31.10.2020	09:45 - 10:30
	07.11.2020	09:45 - 10:30

14.11.2020	09:45 - 10:30
21.11.2020	09:45 - 10:30
28.11.2020	09:45 - 10:30
05.12.2020	09:45 - 10:30
12.12.2020	09:45 - 10:30
