

BESCHREIBUNG KURSANGEBOT:

PIKE

Kursnummer: 233674

Ort: Schulhaus St. Johann, Bahn 3
Adresse:
St. Johannis-Ring 17
4056 Basel

Lerninhalt: **Swimtest 2 (correct swim technique)**

Test contents:

- 25 m dolphin body motion
- 25 m backstroke-rotation, one-armed
- 25 m breaststroke with efficient arm movements
- 50 m crawl, one-armed
- 75 m swimming (25 m back + 25 m breast + 25 m crawl)
- racing dive and turn in breaststroke

Trainer: Dhanu Huck

Kursniveau: Kinder

Bemerkung:

Kosten: 327.50 CHF

detaillierte Lektionen: 15

Termine:	Datum	Uhrzeiten
	19.08.2023	10:30 - 11:15
	26.08.2023	10:30 - 11:15
	02.09.2023	10:30 - 11:15
	09.09.2023	10:30 - 11:15
	16.09.2023	10:30 - 11:15
	23.09.2023	10:30 - 11:15
	21.10.2023	10:30 - 11:15
	28.10.2023	10:30 - 11:15
	04.11.2023	10:30 - 11:15
	11.11.2023	10:30 - 11:15
	18.11.2023	10:30 - 11:15

25.11.2023	10:30 - 11:15
02.12.2023	10:30 - 11:15
09.12.2023	10:30 - 11:15
16.12.2023	10:30 - 11:15
