

BESCHREIBUNG KURSANGEBOT:

SEAHORSE

Kursnummer: 203703

Ort:	Schulhaus Vogelsang, Bahn 3
Adresse:	Schwarzwaldallee 107
	4058 Basel

Lerninhalt:	Basics 2 water accomplishment (4 to 5 years)
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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

Trainer:	Nadine Ziltener
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Kursniveau:	Kinder
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Bemerkung:	
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Kosten:	327.50 CHF
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detaillierte	<u>Lektionen: 15</u>
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Termine:	Datum	Uhrzeiten
	15.08.2020	11:15 - 12:00
	22.08.2020	11:15 - 12:00
	29.08.2020	11:15 - 12:00
	05.09.2020	11:15 - 12:00
	12.09.2020	11:15 - 12:00
	19.09.2020	11:15 - 12:00
	17.10.2020	11:15 - 12:00
	24.10.2020	11:15 - 12:00
	31.10.2020	11:15 - 12:00
	07.11.2020	11:15 - 12:00
	14.11.2020	11:15 - 12:00

21.11.2020	11:15 - 12:00
28.11.2020	11:15 - 12:00
05.12.2020	11:15 - 12:00
12.12.2020	11:15 - 12:00
