

## BESCHREIBUNG KURSANGEBOT:

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### SEAHORSE

Kursnummer: 251571

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Ort: Spiegelfeld Binningen, Bahn 2  
Adresse:  
Wassergrabenstrasse 21  
4102 Binningen

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

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: Laure Panchaud

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Kursniveau: Kinder

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Bemerkung:

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Kosten: 419.00 CHF

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detaillierte Lektionen: 18

Termine:	Datum	Uhrzeiten
	11.01.2025	08:30 - 09:15
	18.01.2025	08:30 - 09:15
	25.01.2025	08:30 - 09:15
	01.02.2025	08:30 - 09:15
	08.02.2025	08:30 - 09:15
	15.02.2025	08:30 - 09:15
	22.02.2025	08:30 - 09:15
	01.03.2025	08:30 - 09:15
	22.03.2025	08:30 - 09:15
	29.03.2025	08:30 - 09:15
	05.04.2025	08:30 - 09:15

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12.04.2025	08:30 - 09:15
03.05.2025	08:30 - 09:15
10.05.2025	08:30 - 09:15
17.05.2025	08:30 - 09:15
24.05.2025	08:30 - 09:15
14.06.2025	08:30 - 09:15
21.06.2025	08:30 - 09:15

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