

BESCHREIBUNG KURSANGEBOT:

SEAHORSE

Kursnummer: 203589

Ort: Schulhaus Vogelsang, Bahn 1
Adresse:
Schwarzwaldallee 107
4058 Basel

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

Trainer: Simone Tarelli und Agnes Vonarburg

Kursniveau: Kinder

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
