

## BESCHREIBUNG KURSANGEBOT:

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### SEAHORSE

Kursnummer: 251736

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Ort: Rialto, Kursschwimmbecken Bahn 1  
Adresse:  
Birsigstrasse 45  
4054 Basel

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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: Davide Rossi

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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
	12.01.2025	10:45 - 11:30
	19.01.2025	10:45 - 11:30
	26.01.2025	10:45 - 11:30
	02.02.2025	10:45 - 11:30
	09.02.2025	10:45 - 11:30
	16.02.2025	10:45 - 11:30
	23.02.2025	10:45 - 11:30
	02.03.2025	10:45 - 11:30
	23.03.2025	10:45 - 11:30
	30.03.2025	10:45 - 11:30
	06.04.2025	10:45 - 11:30

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13.04.2025	10:45 - 11:30
04.05.2025	10:45 - 11:30
11.05.2025	10:45 - 11:30
18.05.2025	10:45 - 11:30
25.05.2025	10:45 - 11:30
15.06.2025	10:45 - 11:30
22.06.2025	10:45 - 11:30

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