

## BESCHREIBUNG KURSANGEBOT:

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### PIKE | SHARK

Kursnummer: 241686

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Ort: Schulhaus St. Johann, Bahn 2  
Adresse:  
St. Johannis-Ring 17  
4056 Basel

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Lerninhalt: **Swimtest 3**

Test contents:

- 25 m Dolphin with arm movement
- 50 m Backstroke one-armed
- 25 m Breaststroke coordination, arm - leg - leg
- 25 m Windscreen wiper crawl
- 100 m Swimming (25 m Dolphin + 25 m Backstroke rotation + 25 m Breast-Coordination + 25 m Superman-Crawl)
- Backstroke racing dive and turn with dolphin kick (simple)

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Trainer: Peppa Schwerdtner und Tonka Saphina Schwerdtner

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Kursniveau:

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Bemerkung:

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Kosten: 396.00 CHF

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detaillierte Lektionen: 17

| Termine: | Datum      | Uhrzeiten     |
|----------|------------|---------------|
|          | 14.01.2024 | 11:15 - 12:00 |
|          | 21.01.2024 | 11:15 - 12:00 |
|          | 28.01.2024 | 11:15 - 12:00 |
|          | 04.02.2024 | 11:15 - 12:00 |
|          | 03.03.2024 | 11:15 - 12:00 |
|          | 10.03.2024 | 11:15 - 12:00 |
|          | 17.03.2024 | 11:15 - 12:00 |
|          | 14.04.2024 | 11:15 - 12:00 |
|          | 21.04.2024 | 11:15 - 12:00 |
|          | 28.04.2024 | 11:15 - 12:00 |

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| 05.05.2024 | 11:15 - 12:00 |
| 12.05.2024 | 11:15 - 12:00 |
| 26.05.2024 | 11:15 - 12:00 |
| 02.06.2024 | 11:15 - 12:00 |
| 09.06.2024 | 11:15 - 12:00 |
| 16.06.2024 | 11:15 - 12:00 |
| 23.06.2024 | 11:15 - 12:00 |

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