

BESCHREIBUNG KURSANGEBOT:

PIKE

Kursnummer: 233519

Ort:	Schulhaus Kirschgarten, Hallenbad Bahn 2
Adresse:	Hermann Kinkelin-Strasse 12
	4051 Basel

Lerninhalt:	Swimtest 2 (correct swim technique)
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Test contents:

- 25 m dolphin body motion
- 25 m backstroke-rotation, one-armed
- 25 m breaststroke with efficient arm movements
- 50 m crawl, one-armed
- 75 m swimming (25 m back + 25 m breast + 25 m crawl)
- racing dive and turn in breaststroke

Trainer:	Nadine Ziltener
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Kursniveau:	Kinder
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Bemerkung:	
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Kosten:	370.50 CHF
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detaillierte	<u>Lektionen: 17</u>
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Termine:	Datum	Uhrzeiten
	14.08.2023	18:15 - 19:00
	21.08.2023	18:15 - 19:00
	28.08.2023	18:15 - 19:00
	04.09.2023	18:15 - 19:00
	11.09.2023	18:15 - 19:00
	18.09.2023	18:15 - 19:00
	25.09.2023	18:15 - 19:00
	16.10.2023	18:15 - 19:00
	23.10.2023	18:15 - 19:00
	30.10.2023	18:15 - 19:00
	06.11.2023	18:15 - 19:00

13.11.2023	18:15 - 19:00
20.11.2023	18:15 - 19:00
27.11.2023	18:15 - 19:00
04.12.2023	18:15 - 19:00
11.12.2023	18:15 - 19:00
18.12.2023	18:15 - 19:00
