

BESCHREIBUNG KURSANGEBOT:

SEAHORSE

Kursnummer: 203544

Ort: SuFz Wenkenstrasse, Bahn 1
Adresse:
Wenkenstrasse 33
4125 Riehen

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: Sonja Müller

Kursniveau: Kinder

Bemerkung:

Kosten: 370.50 CHF

detaillierte Lektionen: 17

Termine:	Datum	Uhrzeiten
	12.08.2020	17:30 - 18:15
	19.08.2020	17:30 - 18:15
	26.08.2020	17:30 - 18:15
	02.09.2020	17:30 - 18:15
	09.09.2020	17:30 - 18:15
	16.09.2020	17:30 - 18:15
	23.09.2020	17:30 - 18:15
	14.10.2020	17:30 - 18:15
	21.10.2020	17:30 - 18:15
	28.10.2020	17:30 - 18:15
	04.11.2020	17:30 - 18:15

11.11.2020	17:30 - 18:15
18.11.2020	17:30 - 18:15
25.11.2020	17:30 - 18:15
02.12.2020	17:30 - 18:15
09.12.2020	17:30 - 18:15
16.12.2020	17:30 - 18:15
