

BESCHREIBUNG KURSANGEBOT:

SEAHORSE

Kursnummer: 243573

Ort: Spiegelfeld Binningen, Bahn 1
Adresse:
Wassergrabenstrasse 21
4102 Binningen

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: Irem Tasoglu Gress

Kursniveau: Kinder

Bemerkung:

Kosten: 396.00 CHF

detaillierte Lektionen: 17

Termine:	Datum	Uhrzeiten
	17.08.2024	09:15 - 10:00
	24.08.2024	09:15 - 10:00
	31.08.2024	09:15 - 10:00
	07.09.2024	09:15 - 10:00
	14.09.2024	09:15 - 10:00
	21.09.2024	09:15 - 10:00
	28.09.2024	09:15 - 10:00
	19.10.2024	09:15 - 10:00
	26.10.2024	09:15 - 10:00
	02.11.2024	09:15 - 10:00
	09.11.2024	09:15 - 10:00

16.11.2024	09:15 - 10:00
23.11.2024	09:15 - 10:00
30.11.2024	09:15 - 10:00
07.12.2024	09:15 - 10:00
14.12.2024	09:15 - 10:00
21.12.2024	09:15 - 10:00
