

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 |

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| 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 |
