

## BESCHREIBUNG KURSANGEBOT:

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### SEAHORSE

Kursnummer: 243650

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Ort: AZ Weiherweg , Bahn 3  
Adresse:  
Rudolfstr. 43  
4054 Basel

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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

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Trainer: Ines Zorn

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Kursniveau: Kinder

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Bemerkung:

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Kosten: 396.00 CHF

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detaillierte Lektionen: 17

Termine:	Datum	Uhrzeiten
	17.08.2024	11:45 - 12:30
	24.08.2024	11:45 - 12:30
	31.08.2024	11:45 - 12:30
	07.09.2024	11:45 - 12:30
	14.09.2024	11:45 - 12:30
	21.09.2024	11:45 - 12:30
	28.09.2024	11:45 - 12:30
	19.10.2024	11:45 - 12:30
	26.10.2024	11:45 - 12:30
	02.11.2024	11:45 - 12:30
	09.11.2024	11:45 - 12:30

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16.11.2024	11:45 - 12:30
23.11.2024	11:45 - 12:30
30.11.2024	11:45 - 12:30
07.12.2024	11:45 - 12:30
14.12.2024	11:45 - 12:30
21.12.2024	11:45 - 12:30

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