

BESCHREIBUNG KURSANGEBOT:

SEAHORSE

Kursnummer: 253693

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

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: Nadine Ziltener

Kursniveau: Kinder

Bemerkung:

Kosten: 396.00 CHF

detaillierte Lektionen: 17

Termine:	Datum	Uhrzeiten
	17.08.2025	10:30 - 11:15
	24.08.2025	10:30 - 11:15
	31.08.2025	10:30 - 11:15
	07.09.2025	10:30 - 11:15
	14.09.2025	10:30 - 11:15
	21.09.2025	10:30 - 11:15
	28.09.2025	10:30 - 11:15
	19.10.2025	10:30 - 11:15
	26.10.2025	10:30 - 11:15
	02.11.2025	10:30 - 11:15
	09.11.2025	10:30 - 11:15

16.11.2025	10:30 - 11:15
23.11.2025	10:30 - 11:15
30.11.2025	10:30 - 11:15
07.12.2025	10:30 - 11:15
14.12.2025	10:30 - 11:15
21.12.2025	10:30 - 11:15
