

BESCHREIBUNG KURSANGEBOT:

SHARK/ DOLPHIN

Kursnummer: 253604

Ort:	Schulhaus Bläsi, Bahn 1
Adresse:	Müllheimerstrasse 94
	4057 Basel

Lerninhalt: **Swimtest 3**

Test contents:

- 25 m Dolphin with arm movement
- 50 m Backstroke one-armed
- 25 m Breaststroke coordination, arm - leg - leg
- 25 m Windscreen wiper crawl
- 100 m Swimming (25 m Dolphin + 25 m Backstroke rotation + 25 m Breast-Coordination + 25 m Superman-Crawl)
- Backstroke racing dive and turn with dolphin kick (simple)

Trainer:	Fabian Hafner
----------	---------------

Kursniveau:

Bemerkung:

Kosten:	373.00 CHF
---------	------------

detaillierte Lektionen: 16

Termine:	Datum	Uhrzeiten
	16.08.2025	11:30 - 12:15
	23.08.2025	11:30 - 12:15
	30.08.2025	11:30 - 12:15
	06.09.2025	11:30 - 12:15
	13.09.2025	11:30 - 12:15
	20.09.2025	11:30 - 12:15
	27.09.2025	11:30 - 12:15
	18.10.2025	11:30 - 12:15
	25.10.2025	11:30 - 12:15
	01.11.2025	11:30 - 12:15

08.11.2025	11:30 - 12:15
15.11.2025	11:30 - 12:15
22.11.2025	11:30 - 12:15
29.11.2025	11:30 - 12:15
06.12.2025	11:30 - 12:15
13.12.2025	11:30 - 12:15
