

BESCHREIBUNG KURSANGEBOT:

SEAHORSE

Kursnummer: 251502

Ort: Rialto, Kursschwimmbecken Bahn 1
Adresse:
Birsigstrasse 45
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: Athuja Anantharasa

Kursniveau: Kinder

Bemerkung:

Kosten: 465.00 CHF

detaillierte Lektionen: 20

Termine:	Datum	Uhrzeiten
	06.01.2025	17:30 - 18:15
	13.01.2025	17:30 - 18:15
	20.01.2025	17:30 - 18:15
	27.01.2025	17:30 - 18:15
	03.02.2025	17:30 - 18:15
	10.02.2025	17:30 - 18:15
	17.02.2025	17:30 - 18:15
	24.02.2025	17:30 - 18:15
	17.03.2025	17:30 - 18:15
	24.03.2025	17:30 - 18:15
	31.03.2025	17:30 - 18:15

07.04.2025	17:30 - 18:15
28.04.2025	17:30 - 18:15
05.05.2025	17:30 - 18:15
12.05.2025	17:30 - 18:15
19.05.2025	17:30 - 18:15
26.05.2025	17:30 - 18:15
02.06.2025	17:30 - 18:15
16.06.2025	17:30 - 18:15
23.06.2025	17:30 - 18:15
