

BESCHREIBUNG KURSANGEBOT:

FROG

Kursnummer: 253504

Ort:	Rialto, Kursschwimmbecken Bahn 2
Adresse:	Birsigstrasse 45 4054 Basel

Lerninhalt:	Basics 3 basic movements (5 to 6 years)
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Test content:

- 5 m „Helicopter swimming“
- Simultaneously moving both arms in a dorsal position (also called inverted breaststroke)
- 5 m gliding in dorsal position
- Diving for rings from the pool edge
- A somersault into the water

Trainer:	Sandra Porfirio
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Kursniveau:	Kinder
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Bemerkung:	
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Kosten:	327.00 CHF
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detaillierte	<u>Lektionen: 14</u>
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Termine:	Datum	Uhrzeiten
	01.09.2025	18:15 - 19:00
	08.09.2025	18:15 - 19:00
	15.09.2025	18:15 - 19:00
	22.09.2025	18:15 - 19:00
	13.10.2025	18:15 - 19:00
	20.10.2025	18:15 - 19:00
	27.10.2025	18:15 - 19:00
	03.11.2025	18:15 - 19:00
	10.11.2025	18:15 - 19:00
	17.11.2025	18:15 - 19:00
	24.11.2025	18:15 - 19:00

01.12.2025	18:15 - 19:00
08.12.2025	18:15 - 19:00
15.12.2025	18:15 - 19:00
