

## BESCHREIBUNG KURSANGEBOT:

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### SEAHORSE

Kursnummer: 251705

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Ort: Rialto, Kursschwimmbecken Bahn 1  
Adresse:  
Birsigstrasse 45  
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: Elena Debelic

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Kursniveau: Kinder

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Bemerkung:

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Kosten: 488.00 CHF

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detaillierte Lektionen: 21

Termine:	Datum	Uhrzeiten
	08.01.2025	14:30 - 15:15
	15.01.2025	14:30 - 15:15
	22.01.2025	14:30 - 15:15
	29.01.2025	14:30 - 15:15
	05.02.2025	14:30 - 15:15
	12.02.2025	14:30 - 15:15
	19.02.2025	14:30 - 15:15
	26.02.2025	14:30 - 15:15
	19.03.2025	14:30 - 15:15
	26.03.2025	14:30 - 15:15
	02.04.2025	14:30 - 15:15

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09.04.2025	14:30 - 15:15
30.04.2025	14:30 - 15:15
07.05.2025	14:30 - 15:15
14.05.2025	14:30 - 15:15
21.05.2025	14:30 - 15:15
28.05.2025	14:30 - 15:15
04.06.2025	14:30 - 15:15
11.06.2025	14:30 - 15:15
18.06.2025	14:30 - 15:15
25.06.2025	14:30 - 15:15

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