

BESCHREIBUNG KURSANGEBOT:

SEAHORSE

Kursnummer: 253704

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

Lerninhalt:	Basics 2 water accomplishment (4 to 5 years)
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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:	Salome Schärer-Knechtli und Filiz Zopfi
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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
	02.09.2025	16:30 - 17:15
	09.09.2025	16:30 - 17:15
	16.09.2025	16:30 - 17:15
	23.09.2025	16:30 - 17:15
	14.10.2025	16:30 - 17:15
	21.10.2025	16:30 - 17:15
	28.10.2025	16:30 - 17:15
	04.11.2025	16:30 - 17:15
	11.11.2025	16:30 - 17:15
	18.11.2025	16:30 - 17:15
	25.11.2025	16:30 - 17:15

02.12.2025	16:30 - 17:15
09.12.2025	16:30 - 17:15
16.12.2025	16:30 - 17:15
