

BESCHREIBUNG KURSANGEBOT:

SEAHORSE

Kursnummer: 233632

Ort: AZ Weiherweg , Bahn 2
Adresse:
Rudolfstr. 43
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: Anne Hersperger

Kursniveau: Kinder

Bemerkung:

Kosten: 370.50 CHF

detaillierte Lektionen: 17

Termine:	Datum	Uhrzeiten
	16.08.2023	17:45 - 18:30
	23.08.2023	17:45 - 18:30
	30.08.2023	17:45 - 18:30
	06.09.2023	17:45 - 18:30
	13.09.2023	17:45 - 18:30
	20.09.2023	17:45 - 18:30
	27.09.2023	17:45 - 18:30
	18.10.2023	17:45 - 18:30
	25.10.2023	17:45 - 18:30
	01.11.2023	17:45 - 18:30
	08.11.2023	17:45 - 18:30

15.11.2023	17:45 - 18:30
22.11.2023	17:45 - 18:30
29.11.2023	17:45 - 18:30
06.12.2023	17:45 - 18:30
13.12.2023	17:45 - 18:30
20.12.2023	17:45 - 18:30
