

BESCHREIBUNG KURSANGEBOT:

PIKE

Kursnummer: 203513

Ort: Rialto, Sportbecken Bahn 4
Adresse:
Birsigstrasse 45
4054 Basel

Lerninhalt: **Swimtest 2 (correct swim technique)**

Test contents:

- 25 m dolphin body motion
- 25 m backstroke-rotation, one-armed
- 25 m breaststroke with efficient arm movements
- 50 m crawl, one-armed
- 75 m swimming (25 m back + 25 m breast + 25 m crawl)
- racing dive and turn in breaststroke

Trainer: Nadine Ziltener

Kursniveau: Kinder

Bemerkung:

Kosten: 306.00 CHF

detaillierte Lektionen: 14

Termine:	Datum	Uhrzeiten
	31.08.2020	17:30 - 18:15
	07.09.2020	17:30 - 18:15
	14.09.2020	17:30 - 18:15
	21.09.2020	17:30 - 18:15
	12.10.2020	17:30 - 18:15
	19.10.2020	17:30 - 18:15
	26.10.2020	17:30 - 18:15
	02.11.2020	17:30 - 18:15
	09.11.2020	17:30 - 18:15
	16.11.2020	17:30 - 18:15
	23.11.2020	17:30 - 18:15

30.11.2020	17:30 - 18:15
07.12.2020	17:30 - 18:15
14.12.2020	17:30 - 18:15
