

BESCHREIBUNG KURSANGEBOT:

SEAHORSE

Kursnummer: 233691

Ort:	AZ Weiherweg , Bahn 2
Adresse:	Rudolfstr. 43
	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:	Nadine Ziltener und Renata Magallon
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Kursniveau:	Kinder
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Bemerkung:	
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Kosten:	349.00 CHF
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detaillierte	<u>Lektionen: 16</u>
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Termine:	Datum	Uhrzeiten
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