

## BESCHREIBUNG KURSANGEBOT:

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### SHARK | DOLPHIN

Kursnummer: 203520

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

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Lerninhalt: **Swimtest 3**

Test contents:

- 25 m Dolphin with arm movement
- 50 m Backstroke one-armed
- 25 m Breaststroke coordination, arm - leg - leg
- 25 m Windscreen wiper crawl
- 100 m Swimming (25 m Dolphin + 25 m Backstroke rotation + 25 m Breast-Coordination + 25 m Superman-Crawl)
- Backstroke racing dive and turn with dolphin kick (simple)

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Trainer: Nadine Ziltener

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Kursniveau:

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Bemerkung:

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Kosten: 306.00 CHF

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detaillierte Lektionen: 14

| Termine: | Datum      | Uhrzeiten     |
|----------|------------|---------------|
|          | 31.08.2020 | 18:15 - 19:00 |
|          | 07.09.2020 | 18:15 - 19:00 |
|          | 14.09.2020 | 18:15 - 19:00 |
|          | 21.09.2020 | 18:15 - 19:00 |
|          | 12.10.2020 | 18:15 - 19:00 |
|          | 19.10.2020 | 18:15 - 19:00 |
|          | 26.10.2020 | 18:15 - 19:00 |
|          | 02.11.2020 | 18:15 - 19:00 |
|          | 09.11.2020 | 18:15 - 19:00 |
|          | 16.11.2020 | 18:15 - 19:00 |

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| 23.11.2020 | 18:15 - 19:00 |
| 30.11.2020 | 18:15 - 19:00 |
| 07.12.2020 | 18:15 - 19:00 |
| 14.12.2020 | 18:15 - 19:00 |

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