

BESCHREIBUNG KURSANGEBOT:

SEAHORSE

Kursnummer: 243707

Ort: Rialto, Kursschwimmbecken Bahn 2
Adresse:
Birsigstrasse 45
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: Elena Debelic

Kursniveau: Kinder

Bemerkung:

Kosten: 327.00 CHF

detaillierte Lektionen: 14

Termine:	Datum	Uhrzeiten
	04.09.2024	16:00 - 16:45
	11.09.2024	16:00 - 16:45
	18.09.2024	16:00 - 16:45
	25.09.2024	16:00 - 16:45
	16.10.2024	16:00 - 16:45
	23.10.2024	16:00 - 16:45
	30.10.2024	16:00 - 16:45
	06.11.2024	16:00 - 16:45
	13.11.2024	16:00 - 16:45
	20.11.2024	16:00 - 16:45
	27.11.2024	16:00 - 16:45

04.12.2024	16:00 - 16:45
11.12.2024	16:00 - 16:45
18.12.2024	16:00 - 16:45
