

BESCHREIBUNG KURSANGEBOT:

SEAHORSE

Kursnummer: 233693

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: Nadine Ziltener und Renata Magallon

Kursniveau: Kinder

Bemerkung:

Kosten: 349.00 CHF

detaillierte Lektionen: 16

Termine:	Datum	Uhrzeiten
	20.08.2023	10:30 - 11:15
	27.08.2023	10:30 - 11:15
	03.09.2023	10:30 - 11:15
	10.09.2023	10:30 - 11:15
	17.09.2023	10:30 - 11:15
	24.09.2023	10:30 - 11:15
	01.10.2023	10:30 - 11:15
	22.10.2023	10:30 - 11:15
	29.10.2023	10:30 - 11:15
	05.11.2023	10:30 - 11:15
	12.11.2023	10:30 - 11:15

19.11.2023	10:30 - 11:15
26.11.2023	10:30 - 11:15
03.12.2023	10:30 - 11:15
10.12.2023	10:30 - 11:15
17.12.2023	10:30 - 11:15
