

BESCHREIBUNG KURSANGEBOT:

SEAHORSE

Kursnummer: 251734

Ort: Rialto, Kursschwimmbecken Bahn 1
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: Davide Rossi

Kursniveau: Kinder

Bemerkung:

Kosten: 419.00 CHF

detaillierte Lektionen: 18

Termine:	Datum	Uhrzeiten
	12.01.2025	09:15 - 10:00
	19.01.2025	09:15 - 10:00
	26.01.2025	09:15 - 10:00
	02.02.2025	09:15 - 10:00
	09.02.2025	09:15 - 10:00
	16.02.2025	09:15 - 10:00
	23.02.2025	09:15 - 10:00
	02.03.2025	09:15 - 10:00
	23.03.2025	09:15 - 10:00
	30.03.2025	09:15 - 10:00
	06.04.2025	09:15 - 10:00

13.04.2025	09:15 - 10:00
04.05.2025	09:15 - 10:00
11.05.2025	09:15 - 10:00
18.05.2025	09:15 - 10:00
25.05.2025	09:15 - 10:00
15.06.2025	09:15 - 10:00
22.06.2025	09:15 - 10:00
