

BESCHREIBUNG KURSANGEBOT:

SEAHORSE

Kursnummer: 243692

Ort: AZ Weiherweg , Bahn 4
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 Athuja Anantharasa

Kursniveau: Kinder

Bemerkung:

Kosten: 396.00 CHF

detaillierte Lektionen: 17

Termine:	Datum	Uhrzeiten
	18.08.2024	09:45 - 10:30
	25.08.2024	09:45 - 10:30
	01.09.2024	09:45 - 10:30
	08.09.2024	09:45 - 10:30
	15.09.2024	09:45 - 10:30
	22.09.2024	09:45 - 10:30
	29.09.2024	09:45 - 10:30
	20.10.2024	09:45 - 10:30
	27.10.2024	09:45 - 10:30
	03.11.2024	09:45 - 10:30
	10.11.2024	09:45 - 10:30

17.11.2024	09:45 - 10:30
24.11.2024	09:45 - 10:30
01.12.2024	09:45 - 10:30
08.12.2024	09:45 - 10:30
15.12.2024	09:45 - 10:30
22.12.2024	09:45 - 10:30
