

BESCHREIBUNG KURSANGEBOT:

SHARK

Kursnummer: 251624

Ort: Schulhaus Rittergasse, Bahn 3
Adresse:
Rittergasse 5
4051 Basel

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)

Trainer: Sascha Sörensen und Robert Jobst

Kursniveau:

Bemerkung:

Kosten: 419.00 CHF

detaillierte Lektionen: 18

| Termine: | Datum | Uhrzeiten |
|----------|------------|---------------|
| | 11.01.2025 | 11:15 - 12:00 |
| | 18.01.2025 | 11:15 - 12:00 |
| | 25.01.2025 | 11:15 - 12:00 |
| | 01.02.2025 | 11:15 - 12:00 |
| | 08.02.2025 | 11:15 - 12:00 |
| | 15.02.2025 | 11:15 - 12:00 |
| | 22.02.2025 | 11:15 - 12:00 |
| | 01.03.2025 | 11:15 - 12:00 |
| | 22.03.2025 | 11:15 - 12:00 |
| | 29.03.2025 | 11:15 - 12:00 |

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| 05.04.2025 | 11:15 - 12:00 |
| 12.04.2025 | 11:15 - 12:00 |
| 03.05.2025 | 11:15 - 12:00 |
| 10.05.2025 | 11:15 - 12:00 |
| 17.05.2025 | 11:15 - 12:00 |
| 24.05.2025 | 11:15 - 12:00 |
| 14.06.2025 | 11:15 - 12:00 |
| 21.06.2025 | 11:15 - 12:00 |
