

## BESCHREIBUNG KURSANGEBOT:

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### SHARK

Kursnummer: 241614

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Ort: Schulhaus Rittergasse, Bahn 2  
Adresse:  
Rittergasse 5  
4051 Basel

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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)

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Trainer: Sara Slimane und Peppa Schwerdtner

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Kursniveau:

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Bemerkung:

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Kosten: 442.00 CHF

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detaillierte Lektionen: 19

Termine:	Datum	Uhrzeiten
	13.01.2024	09:45 - 10:30
	20.01.2024	09:45 - 10:30
	27.01.2024	09:45 - 10:30
	03.02.2024	09:45 - 10:30
	10.02.2024	09:45 - 10:30
	02.03.2024	09:45 - 10:30
	09.03.2024	09:45 - 10:30
	16.03.2024	09:45 - 10:30
	23.03.2024	09:45 - 10:30
	13.04.2024	09:45 - 10:30

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20.04.2024	09:45 - 10:30
27.04.2024	09:45 - 10:30
04.05.2024	09:45 - 10:30
11.05.2024	09:45 - 10:30
25.05.2024	09:45 - 10:30
01.06.2024	09:45 - 10:30
08.06.2024	09:45 - 10:30
15.06.2024	09:45 - 10:30
22.06.2024	09:45 - 10:30

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