

## BESCHREIBUNG KURSANGEBOT:

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### SHARK/ DOLPHIN

Kursnummer: 251685

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Ort: Schulhaus St. Johann, Bahn 2  
Adresse:  
St. Johannis-Ring 17  
4056 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: Fabien Vogt und Sofia Magallón Terrazas

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Kursniveau:

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Bemerkung:

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Kosten: 373.00 CHF

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detaillierte Lektionen: 16

Termine:	Datum	Uhrzeiten
	12.01.2025	10:30 - 11:15
	19.01.2025	10:30 - 11:15
	26.01.2025	10:30 - 11:15
	02.02.2025	10:30 - 11:15
	09.02.2025	10:30 - 11:15
	16.02.2025	10:30 - 11:15
	23.02.2025	10:30 - 11:15
	23.03.2025	10:30 - 11:15
	30.03.2025	10:30 - 11:15
	06.04.2025	10:30 - 11:15

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04.05.2025	10:30 - 11:15
11.05.2025	10:30 - 11:15
18.05.2025	10:30 - 11:15
25.05.2025	10:30 - 11:15
15.06.2025	10:30 - 11:15
22.06.2025	10:30 - 11:15

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