



[www.kayak.lu](http://www.kayak.lu)

# Swimming-Pool Winter Training Safety & Rolling Techniques

**Saturdays** 14.10; 28.10; 11.11;  
25.11; 09.12; 06.01.2018;  
20.01; 03.02; 24.02; 10.03;  
24.03; 21.04; 28.04.

**13h30 -> 15h30**

**3€/session**

**Registration mandatory:**

[info@kayak.lu](mailto:info@kayak.lu)



**3, rue Batty Weber  
2716 Luxembourg**



Propulsion	Strokes
Gîte, Equilibre	Edging
Esquimautage...	Rolling...

Vorwärtspaddeln  
Bogenschläge  
Kanten  
Rollen...