

BESCHREIBUNG KURSANGEBOT:

CRAWL 2

Kursnummer: 242318

Ort: Schulhaus Bläsi, Bahn 1
Adresse:
Müllheimerstrasse 94
4057 Basel

Lerninhalt: **Crawl**
the fastest and most economical style for water enthusiastic sportsmen

- Gliding through water with an extended posture
- Overcoming resistance with the correct arm stroke
- Supporting stabilization with a clean kicking technique
- Overcoming longer distances by learning the correct rhythmic breathing

Crawl 2

Prerequisite

- Swimming 50 meters crawl at a stretch
- Basics breast and backstroke

Content

- Improvement of the crawl- & breathing techniques
- Crawl turn
- Correction of mistakes in technique

Goals

- Improvement of endurance and power
- Crawl technique with triple breathing
- Swimming 150 meters crawl at a stretch

Trainer: Sara Slimane und Dhanu Huck

Kursniveau:

Bemerkung:

Kosten: 324.50 CHF

detaillierte Lektionen: 11

Termine:	Datum	Uhrzeiten
	02.05.2024	17:45 - 18:30
	16.05.2024	17:45 - 18:30
	23.05.2024	17:45 - 18:30
	30.05.2024	17:45 - 18:30
	06.06.2024	17:45 - 18:30
	13.06.2024	17:45 - 18:30
	20.06.2024	17:45 - 18:30
	27.06.2024	17:45 - 18:30