

BESCHREIBUNG KURSANGEBOT:

CRAWL 2

Kursnummer: 231330

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
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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:	Lara Flückiger und Dhanu Huck und Gina Vigorito und Simone
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Tarelli

Kursniveau:

Bemerkung:

Kosten: 285.00 CHF

detaillierte Lektionen: 10

Termine:	Datum	Uhrzeiten
	keine	
	Termine	
	vorhanden	