

BESCHREIBUNG KURSANGEBOT:

CRAWL 2

Kursnummer: 242319

Ort:	Schulhaus St. Johann, Bahn 3
Adresse:	St. Johannis-Ring 17 4056 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:	Aurelia Eugster und Mathieu Hersperger und Fabien Vogt und
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Knechtli1 Team

Kursniveau:

Bemerkung:

Kosten: 295.00 CHF

detaillierte Lektionen: 10

Termine:	Datum	Uhrzeiten
	04.05.2024	09:00 - 09:45
	11.05.2024	09:00 - 09:45
	25.05.2024	09:00 - 09:45
	01.06.2024	09:00 - 09:45
	08.06.2024	09:00 - 09:45
	15.06.2024	09:00 - 09:45
	22.06.2024	09:00 - 09:45
