

BESCHREIBUNG KURSANGEBOT:

CRAWL 2

Kursnummer: 192316

Ort: Schulhaus St. Johann, Bahn 2
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

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: Lukas Ahr

Kursniveau:

Bemerkung:

Kosten: 280.00 CHF

detaillierte Lektionen: 10

Termine:	Datum	Uhrzeiten
	keine	
	Termine	
	vorhanden	