

BESCHREIBUNG KURSANGEBOT:

CRAWL 1

Kursnummer: 202322

Ort: Schulhaus Kirschgarten, Hallenbad Bahn 1
Adresse:
Hermann Kinkelin-Strasse 12
4051 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 1

Prerequisite

- Swim 50 meters at a stretch
- The ability to submerge your head under water

Content

- Basics crawl technique
- Correct posture in water
- Basics breathing technique
- Repeating the basics of breast and backstroke

Goals

- Basics crawl
 - Repeating the basics from the other swimming methods(Breast/Backstroke)
 - Swimming 50 meters crawl at a stretch
-

Trainer:	Florian Geiser und Anne Hersperger	
Kursniveau:		
Bemerkung:		
Kosten:	252.00 CHF	
detaillierte	<u>Lektionen: 9</u>	
Termine:	Datum	Uhrzeiten
	keine	
	Termine	
	vorhanden	