

## BESCHREIBUNG KURSANGEBOT:

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### CRAWL 2-3

Kursnummer: 191317

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| Ort:     | Schulhaus St. Johann, Bahn 2 |
| Adresse: | St. Johannis-Ring 17         |
|          | 4056 Basel                   |

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| Lerninhalt: | <b>Crawl</b><br>the fastest and most economical style for water enthusiastic sportsmen<br><br>- Gliding through water with an extended posture<br>- Overcoming resistance with the correct arm stroke<br>- Supporting stabilization with a clean kicking technique<br>- 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

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| Trainer: | Susanne Tschudi |
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Kursniveau:

Bemerkung:

Kosten: 280.00 CHF

detaillierte Lektionen: 10

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|----------|-----------|-----------|
| Termine: | Datum     | Uhrzeiten |
|          | keine     |           |
|          | Termine   |           |
|          | vorhanden |           |