

BESCHREIBUNG KURSANGEBOT:

CRAWL 3

Kursnummer: 221314

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 3

Prerequisite

- Swimming 150 meters of crawl at a stretch
- Basics breast and backstroke

Content

- Correction of mistakes in technique
- Improvement of endurance and power technique

Goals

- Improvement of endurance and power
- Crawl technique with triple breathing
- Swimming 400 meters crawl at a stretch
- Mastering the correct breathing- and crawl technique

Trainer:	Lukas Ahr und Aurelia Häusler
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Kursniveau:

Bemerkung:

Kosten: 342.00 CHF

detaillierte Lektionen: 12

Termine:	Datum	Uhrzeiten
	keine	
	Termine	
	vorhanden	