

BESCHREIBUNG KURSANGEBOT:

CRAWL 2

Kursnummer: 242340

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

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:	Sara Slimane
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Kursniveau:

Bemerkung:

Kosten: 295.00 CHF

detaillierte Lektionen: 10

Termine:	Datum	Uhrzeiten
	05.05.2024	11:15 - 12:00
	12.05.2024	11:15 - 12:00
	26.05.2024	11:15 - 12:00
	02.06.2024	11:15 - 12:00
	09.06.2024	11:15 - 12:00
	16.06.2024	11:15 - 12:00
	23.06.2024	11:15 - 12:00