

BESCHREIBUNG KURSANGEBOT:

CRAWL 3

Kursnummer: 192305

Ort:	Rialto, Sportbecken Bahn 1
Adresse:	Birsigstrasse 45 4054 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:	Anne Hersperger
----------	-----------------

Kursniveau:

Bemerkung:

Kosten: 231.00 CHF

detaillierte Lektionen: 11

Termine:	Datum	Uhrzeiten
	keine	
	Termine	
	vorhanden	