

BESCHREIBUNG KURSANGEBOT:

CRAWL 3

Kursnummer: 243314

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 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

Kursniveau:

Bemerkung:

Kosten: 206.50 CHF

detaillierte Lektionen: 7

Termine:	Datum	Uhrzeiten
	09.09.2024	20:00 - 20:45
	16.09.2024	20:00 - 20:45
	23.09.2024	20:00 - 20:45
