

BESCHREIBUNG KURSANGEBOT:

CRAWL 3

Kursnummer: 251313

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: Robert Jobst

Kursniveau:

Bemerkung:

Kosten: 354.00 CHF

detaillierte Lektionen: 12

Termine:	Datum	Uhrzeiten
	06.01.2025	20:00 - 20:45
	13.01.2025	20:00 - 20:45
	20.01.2025	20:00 - 20:45
	27.01.2025	20:00 - 20:45
	03.02.2025	20:00 - 20:45
	10.02.2025	20:00 - 20:45
	17.02.2025	20:00 - 20:45
	24.02.2025	20:00 - 20:45
	17.03.2025	20:00 - 20:45
	24.03.2025	20:00 - 20:45
	31.03.2025	20:00 - 20:45
	07.04.2025	20:00 - 20:45
