

BESCHREIBUNG KURSANGEBOT:

CRAWL 1

Kursnummer: 242337

Ort:	Bäumlihof, Lehrschwimmbecken Bahn 1
Adresse:	Zu den drei Linden 80 4058 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
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Crawl 1

Prerequisite:

Swim approx. 25 meters backstroke and crawl using basic form

Content:

Basic crawl technique (focus on side breathing)

Targeted exercises to improve crawl technique

Optional: introduction to other strokes if the group is interested

Goal:

Swim approx. 50 meters crawl with solid technique

Trainer:	Giulia Lavantsiotis und Lena Wilczek
Kursniveau:	
Bemerkung:	
Kosten:	324.50 CHF
detaillierte	<u>Lektionen: 11</u>

Termine:	Datum	Uhrzeiten
	08.04.2024	18:00 - 18:45
	15.04.2024	18:00 - 18:45
	22.04.2024	18:00 - 18:45
	29.04.2024	18:00 - 18:45
	06.05.2024	18:00 - 18:45
	13.05.2024	18:00 - 18:45
	27.05.2024	18:00 - 18:45
	03.06.2024	18:00 - 18:45
	10.06.2024	18:00 - 18:45
	17.06.2024	18:00 - 18:45
	24.06.2024	18:00 - 18:45
