

BESCHREIBUNG KURSANGEBOT:

CRAWL 2

Kursnummer: 244320

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 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: Aurelia Häusler

Kursniveau:

Bemerkung:

Kosten: 265.50 CHF

detaillierte Lektionen: 9

Termine:	Datum	Uhrzeiten
	26.10.2024	09:00 - 09:45
	02.11.2024	09:00 - 09:45
	09.11.2024	09:00 - 09:45
	16.11.2024	09:00 - 09:45
	23.11.2024	09:00 - 09:45
	30.11.2024	09:00 - 09:45
	07.12.2024	09:00 - 09:45
	14.12.2024	09:00 - 09:45
