

BESCHREIBUNG KURSANGEBOT:

CRAWL 3

Kursnummer: 242316

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: Lukas Ahr und Marisa Circhetta

Kursniveau:

Bemerkung:

Kosten: 324.50 CHF

detaillierte Lektionen: 11

Termine:	Datum	Uhrzeiten
	06.05.2024	20:45 - 21:30
	13.05.2024	20:45 - 21:30
	27.05.2024	20:45 - 21:30
	03.06.2024	20:45 - 21:30
	10.06.2024	20:45 - 21:30
	17.06.2024	20:45 - 21:30
	24.06.2024	20:45 - 21:30