

BESCHREIBUNG KURSANGEBOT:

CRAWL 3

Kursnummer: 253316

Ort:	Schulhaus St. Johann, Bahn 1
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
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Crawl 3

Prerequisite:

Swim approx. 150 meters crawl continuously

Content:

Correct technical flaws

Strength, endurance, and coordination training

Learn the crawl turn

Optional: other strokes based on group interest

Goals:

Swim approx. 300 meters crawl continuously

Master correct crawl and breathing technique

Trainer:	Lukas Ahr
Kursniveau:	

Bemerkung:

Kosten: 206.50 CHF

detaillierte Lektionen: 7

Termine:	Datum	Uhrzeiten
	11.08.2025	20:45 - 21:30
	18.08.2025	20:45 - 21:30
	25.08.2025	20:45 - 21:30
	01.09.2025	20:45 - 21:30
	08.09.2025	20:45 - 21:30
	15.09.2025	20:45 - 21:30
	22.09.2025	20:45 - 21:30