

BESCHREIBUNG KURSANGEBOT:

CRAWL 3

Kursnummer: 234316

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 und Lara Flückiger und Marisa Circhetta
Kursniveau:	

Bemerkung:

Kosten: 295.00 CHF

detaillierte Lektionen: 10

Termine:	Datum	Uhrzeiten
	16.10.2023	20:45 - 21:30
	23.10.2023	20:45 - 21:30
	30.10.2023	20:45 - 21:30
	06.11.2023	20:45 - 21:30
	13.11.2023	20:45 - 21:30
	20.11.2023	20:45 - 21:30
	27.11.2023	20:45 - 21:30
	04.12.2023	20:45 - 21:30
	11.12.2023	20:45 - 21:30
	18.12.2023	20:45 - 21:30