

BESCHREIBUNG KURSANGEBOT:

CRAWL 3

Kursnummer: 253351

Ort:	Rialto, Sportbecken Bahn 1
Adresse:	Birsigstrasse 45 4054 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:

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:	Marisa Circhetta und Aurelia Häusler und Anne Hersperger
Kursniveau:	

Bemerkung:

Alles Andere als Trockenübungen

Kosten: 413.00 CHF

detaillierte Lektionen: 14

Termine:	Datum	Uhrzeiten
	01.09.2025	19:00 - 19:45
	08.09.2025	19:00 - 19:45
	15.09.2025	19:00 - 19:45
	22.09.2025	19:00 - 19:45
	13.10.2025	19:00 - 19:45
	20.10.2025	19:00 - 19:45
	27.10.2025	19:00 - 19:45
	03.11.2025	19:00 - 19:45
	10.11.2025	19:00 - 19:45
	17.11.2025	19:00 - 19:45
	24.11.2025	19:00 - 19:45
	01.12.2025	19:00 - 19:45
	08.12.2025	19:00 - 19:45
	15.12.2025	19:00 - 19:45