

BESCHREIBUNG KURSANGEBOT:

CRAWL 1

Kursnummer: 251339

Ort: Bäumlihof, Sportbecken Bahn 4
Adresse:
Zu den drei Linden 80
4058 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 1

Prerequisite

- Swim 50 meters at a stretch
- The ability to submerge your head under water

Content

- Basics crawl technique
- Correct posture in water
- Basics breathing technique
- Repeating the basics of breast and backstroke

Goals

- Basics crawl
 - Repeating the basics from the other swimming methods(Breast/Backstroke)
 - Swimming 50 meters crawl at a stretch
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Trainer:	Knechtli2 Team	
Kursniveau:		
Bemerkung:		
Kosten:	354.00 CHF	
detaillierte	<u>Lektionen: 12</u>	
Termine:	Datum	Uhrzeiten
	07.01.2025	17:30 - 18:15
	14.01.2025	17:30 - 18:15
	21.01.2025	17:30 - 18:15
	28.01.2025	17:30 - 18:15
	04.02.2025	17:30 - 18:15
	11.02.2025	17:30 - 18:15
	18.02.2025	17:30 - 18:15
	25.02.2025	17:30 - 18:15
	18.03.2025	17:30 - 18:15
	25.03.2025	17:30 - 18:15
	01.04.2025	17:30 - 18:15
	08.04.2025	17:30 - 18:15
