

BESCHREIBUNG KURSANGEBOT:

CRAWL 1

Kursnummer: 254679

Ort:	Schulhaus St. Johann, Bahn 3 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 1 Prerequisite: Swim approx. 25 meters backstroke and crawl using basic form Content: Basic crawl technique (focus on side breathing) Targeted exercises to improve crawl technique Optional: introduction to other strokes if the group is interested Goal: Swim approx. 50 meters crawl with solid technique
Trainer:	Shannon Jakob und Dhanu Huck
Kursniveau:	
Bemerkung:	
Kosten:	265.50 CHF
detaillierte	<u>Lektionen: 9</u>

Termine:	Datum	Uhrzeiten
	18.10.2025	10:30 - 11:15
	25.10.2025	10:30 - 11:15
	01.11.2025	10:30 - 11:15
	08.11.2025	10:30 - 11:15
	15.11.2025	10:30 - 11:15
	22.11.2025	10:30 - 11:15
	29.11.2025	10:30 - 11:15
	06.12.2025	10:30 - 11:15
	13.12.2025	10:30 - 11:15
