

BESCHREIBUNG KURSANGEBOT:

CRAWL 1

Kursnummer: 253339

Ort:	Bäumlihof, Lehrschwimmbecken Bahn 1 <u>Adresse:</u> 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 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:	Birgit Bär
Kursniveau:	
Bemerkung:	
Kosten:	206.50 CHF
detaillierte	<u>Lektionen: 7</u>

Termine:	Datum	Uhrzeiten
	11.08.2025	18:45 - 19:30
	18.08.2025	18:45 - 19:30
	25.08.2025	18:45 - 19:30
	01.09.2025	18:45 - 19:30
	08.09.2025	18:45 - 19:30
	15.09.2025	18:45 - 19:30
	22.09.2025	18:45 - 19:30
