Schwimmschule -Knechtli.ch
Alles Andere als Trockenübungen

BESCHREIBUNG KURSANGEBOT:

CRAWL 2

Kursnummer: 264334

Ort:	Schulhaus Bläsi, Bahn 1 Adresse: Müllheimerstrasse 94 4057 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 2** **Prerequisite:** Swim approx. 50 meters continuously with solid crawl technique **Content:** Improve and solidify crawl and breathing technique Correct technical flaws Optional: other strokes based on group interest **Goals:** Swim approx. 150 meters crawl using 3-stroke breathing Improve strength and endurance
Trainer:	Knechtli2 Team
Kursniveau:	
Bemerkung:	

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Kosten:	310.00 CHF	
detaillierte Termine:	Lektionen: 10	
	Datum	Uhrzeiten
	15.10.2026	19:15 - 20:00
	22.10.2026	19:15 - 20:00
	29.10.2026	19:15 - 20:00
	05.11.2026	19:15 - 20:00
	12.11.2026	19:15 - 20:00
	19.11.2026	19:15 - 20:00
	26.11.2026	19:15 - 20:00
	03.12.2026	19:15 - 20:00
	10.12.2026	19:15 - 20:00
	17.12.2026	19:15 - 20:00