

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
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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:	Dhanu Huck
Kursniveau:	
Bemerkung:	

Kosten:	310.00 CHF	Alles Andere als Trockenübungen
detaillierte	<u>Lektionen: 10</u>	
Termine:	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