

## BESCHREIBUNG KURSANGEBOT:

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### CRAWL 3

Kursnummer: 243335

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Ort: Schulhaus St. Johann, Bahn 2  
Adresse:  
St. Johannis-Ring 17  
4056 Basel

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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 3**

##### **Prerequisite**

- Swimming 150 meters of crawl at a stretch
- Basics breast and backstroke

##### **Content**

- Correction of mistakes in technique
- Improvement of endurance and power technique

##### **Goals**

- Improvement of endurance and power
- Crawl technique with triple breathing
- Swimming 400 meters crawl at a stretch
- Mastering the correct breathing- and crawl technique

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Trainer: Camila Brugger und Sara Slimane

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Kursniveau:

Bemerkung:

Kosten: 177.00 CHF

detaillierte Lektionen: 6

Termine:	Datum	Uhrzeiten
	08.09.2024	10:30 - 11:15
	15.09.2024	10:30 - 11:15
	22.09.2024	10:30 - 11:15