

BESCHREIBUNG KURSANGEBOT:

CRAWL 3

Kursnummer: 254316

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
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Crawl 3

Prerequisite:

Swim approx. 150 meters crawl continuously

Content:

Correct technical flaws

Strength, endurance, and coordination training

Learn the crawl turn

Optional: other strokes based on group interest

Goals:

Swim approx. 300 meters crawl continuously

Master correct crawl and breathing technique

Trainer:	Lukas Ahr und Aurelia Eugster
Kursniveau:	

Bemerkung:

Alles Andere als Trockenübungen

Kosten: 295.00 CHF

detaillierte Lektionen: 10

Termine:	Datum	Uhrzeiten
	13.10.2025	20:45 - 21:30
	20.10.2025	20:45 - 21:30
	27.10.2025	20:45 - 21:30
	03.11.2025	20:45 - 21:30
	10.11.2025	20:45 - 21:30
	17.11.2025	20:45 - 21:30
	24.11.2025	20:45 - 21:30
	01.12.2025	20:45 - 21:30
	08.12.2025	20:45 - 21:30
	15.12.2025	20:45 - 21:30
