

BESCHREIBUNG KURSANGEBOT:

CRAWL 2

Kursnummer: 234322

Ort:	Schulhaus St. Johann, Bahn 2
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 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 und Jonas David Gut
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Kursniveau:

Bemerkung:

Kosten: 295.00 CHF

detaillierte Lektionen: 10

Termine:	Datum	Uhrzeiten
	16.10.2023	20:45 - 21:30
	23.10.2023	20:45 - 21:30
	30.10.2023	20:45 - 21:30
	06.11.2023	20:45 - 21:30
	13.11.2023	20:45 - 21:30
	20.11.2023	20:45 - 21:30
	27.11.2023	20:45 - 21:30
	04.12.2023	20:45 - 21:30
	11.12.2023	20:45 - 21:30
	18.12.2023	20:45 - 21:30
