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BESCHREIBUNG KURSANGEBOT:

CRAWL 3

Kursnummer: 204321

Ort:	Schulhaus Kirschgarten, Hallenbad Bahn 1 Adresse: Hermann Kinkelin-Strasse 12 4051 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 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
Trainer:	Florian Geiser

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Kursniveau:		
Bemerkung:		
Kosten:	224.00 CHF	
detaillierte Termine:	Lektionen: 8 Datum keine Termine vorhanden	Uhrzeiten