

BESCHREIBUNG KURSANGEBOT:

CRAWL 2

Kursnummer: 244334

Ort: Schulhaus Bläsi, Hallenbad
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

Crawl 2

Prerequisite

- Swimming 50 meters crawl at a stretch
- Basics breast and backstroke

Content

- Improvement of the crawl- & breathing techniques
- Crawl turn
- Correction of mistakes in technique

Goals

- Improvement of endurance and power
- Crawl technique with triple breathing
- Swimming 150 meters crawl at a stretch

Trainer: Dhanu Huck und Sara Slimane

Kursniveau:

Bemerkung:

Kosten: 295.00 CHF

detaillierte Lektionen: 10

Termine:	Datum	Uhrzeiten
	24.10.2024	19:15 - 20:00
	31.10.2024	19:15 - 20:00
	07.11.2024	19:15 - 20:00
	14.11.2024	19:15 - 20:00
	21.11.2024	19:15 - 20:00
	28.11.2024	19:15 - 20:00
	05.12.2024	19:15 - 20:00
	12.12.2024	19:15 - 20:00
	19.12.2024	19:15 - 20:00
