Schwimmschule -Knechtli.ch
Alles Andere als Trockenübungen

BESCHREIBUNG KURSANGEBOT:

CRAWL 1-2

Kursnummer: 201321

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 1** **Prerequisite** • Swim 50 meters at a stretch • The ability to submerge your head under water **Content** • Basics crawl technique • Correct posture in water • Basics breathing technique • Repeating the basics of breast and backstroke **Goals** • Basics crawl • Repeating the basics from the other swimming methods(Breast/Backstroke) • Swimming 50 meters crawl at a stretch

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Trainer:	Florian Geiser	
Kursniveau:		
Bemerkung:		
Kosten:	308.00 CHF	
detaillierte Termine:	Lektionen: 11 Datum	Uhrzeiten
	keine Termine vorhanden	