

BESCHREIBUNG KURSANGEBOT:

CRAWL 2

Kursnummer: 264312

Ort:	Spiegelfeld Binningen, Sportbecken Bahn 3
Adresse:	Wassergrabenstrasse 21 4102 Binningen

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:	Hannah Leslie
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Kursniveau:

Bemerkung:

Kosten:	310.00 CHF	
detaillierte	<u>Lektionen: 10</u>	
Termine:	Datum	Uhrzeiten
	17.10.2026	08:30 - 09:15
	24.10.2026	08:30 - 09:15
	31.10.2026	08:30 - 09:15
	07.11.2026	08:30 - 09:15
	14.11.2026	08:30 - 09:15
	21.11.2026	08:30 - 09:15
	28.11.2026	08:30 - 09:15
	05.12.2026	08:30 - 09:15
	12.12.2026	08:30 - 09:15
	19.12.2026	08:30 - 09:15