

BESCHREIBUNG KURSANGEBOT:

CRAWL 1

Kursnummer: 243322

Ort: Schulhaus St. Johann, Bahn 3
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

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:	Dhanu Huck und Aurelia Häusler	
Kursniveau:		
Bemerkung:		
Kosten:	206.50 CHF	
detaillierte	<u>Lektionen: 7</u>	
Termine:	Datum	Uhrzeiten
	09.09.2024	20:45 - 21:30
	16.09.2024	20:45 - 21:30
	23.09.2024	20:45 - 21:30
