

BESCHREIBUNG KURSANGEBOT:

CRAWL 3

Kursnummer: 251317

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 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: Sara Slimane

Kursniveau:

Bemerkung:

Kosten: 354.00 CHF

detaillierte Lektionen: 12

Termine:	Datum	Uhrzeiten
	09.01.2025	20:00 - 20:45
	16.01.2025	20:00 - 20:45
	23.01.2025	20:00 - 20:45
	30.01.2025	20:00 - 20:45
	06.02.2025	20:00 - 20:45
	13.02.2025	20:00 - 20:45
	20.02.2025	20:00 - 20:45
	27.02.2025	20:00 - 20:45
	20.03.2025	20:00 - 20:45
	27.03.2025	20:00 - 20:45
	03.04.2025	20:00 - 20:45
	10.04.2025	20:00 - 20:45