

BESCHREIBUNG KURSANGEBOT:

CRAWL 2

Kursnummer: 234334

Ort: Schulhaus Bläsi, Bahn 1
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:

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: Sara Slimane und Dhanu Huck

Kursniveau:

Bemerkung:

Kosten: 295.00 CHF

detaillierte Lektionen: 10

Termine:	Datum	Uhrzeiten
	19.10.2023	19:15 - 20:00
	26.10.2023	19:15 - 20:00
	02.11.2023	19:15 - 20:00
	09.11.2023	19:15 - 20:00
	16.11.2023	19:15 - 20:00
	23.11.2023	19:15 - 20:00
	30.11.2023	19:15 - 20:00
	07.12.2023	19:15 - 20:00
	14.12.2023	19:15 - 20:00
	21.12.2023	19:15 - 20:00