

BESCHREIBUNG KURSANGEBOT:

CRAWL 2

Kursnummer: 251334

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 2

Prerequisite

- Swimming 50 meters crawl at a stretch
- Basics breast and backstroke

Content

- Improvement of the crawl- & breathing techniques
- Crawl turn
- Correction of mistakes in technique

Goals

- Improvement of endurance and power
- Crawl technique with triple breathing
- Swimming 150 meters crawl at a stretch

Trainer: Sara Slimane und Elena Debelic

Kursniveau:

Bemerkung:

Kosten: 354.00 CHF

detaillierte Lektionen: 12

Termine:	Datum	Uhrzeiten
	09.01.2025	19:15 - 20:00
	16.01.2025	19:15 - 20:00
	23.01.2025	19:15 - 20:00
	30.01.2025	19:15 - 20:00
	06.02.2025	19:15 - 20:00
	13.02.2025	19:15 - 20:00
	20.02.2025	19:15 - 20:00
	27.02.2025	19:15 - 20:00
	20.03.2025	19:15 - 20:00
	27.03.2025	19:15 - 20:00
	03.04.2025	19:15 - 20:00
	10.04.2025	19:15 - 20:00
