

BESCHREIBUNG KURSANGEBOT:

CRAWL 2

Kursnummer: 233319

Ort:	Schulhaus St. Johann, Bahn 2
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
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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:	Lara Flückiger und Sara Plattner und Simone Tarelli und Anne Hersperger und Robert Jobst und Julian Fischer
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Kursniveau:

Bemerkung:

Kosten: 427.50 CHF

detaillierte Lektionen: 15

Termine:	Datum	Uhrzeiten
	19.08.2023	09:00 - 09:45
	26.08.2023	09:00 - 09:45
	02.09.2023	09:00 - 09:45
	09.09.2023	09:00 - 09:45
	16.09.2023	09:00 - 09:45
	23.09.2023	09:00 - 09:45
	21.10.2023	09:00 - 09:45
	28.10.2023	09:00 - 09:45
	04.11.2023	09:00 - 09:45
	11.11.2023	09:00 - 09:45
	18.11.2023	09:00 - 09:45
	25.11.2023	09:00 - 09:45
	02.12.2023	09:00 - 09:45
	09.12.2023	09:00 - 09:45
	16.12.2023	09:00 - 09:45