

BESCHREIBUNG KURSANGEBOT:

CRAWL 3

Kursnummer: 251335

Ort: Schulhaus St. Johann, Bahn 1
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 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: 295.00 CHF

detaillierte Lektionen: 10

Termine:	Datum	Uhrzeiten
	12.01.2025	10:30 - 11:15
	19.01.2025	10:30 - 11:15
	26.01.2025	10:30 - 11:15
	02.02.2025	10:30 - 11:15
	09.02.2025	10:30 - 11:15
	16.02.2025	10:30 - 11:15
	23.02.2025	10:30 - 11:15
	23.03.2025	10:30 - 11:15
	30.03.2025	10:30 - 11:15
	06.04.2025	10:30 - 11:15
