

BESCHREIBUNG KURSANGEBOT:

CRAWL 3

Kursnummer: 233335

Ort:	Schulhaus St. Johann, Bahn 3
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:

Swim approx. 150 meters crawl continuously

Content:

Correct technical flaws

Strength, endurance, and coordination training

Learn the crawl turn

Optional: other strokes based on group interest

Goals:

Swim approx. 300 meters crawl continuously

Master correct crawl and breathing technique

Trainer:	Sara Slimane und Aurelia Eugster und Lara Flückiger
----------	---

Kursniveau:

Bemerkung:

Kosten: 427.50 CHF

detaillierte Lektionen: 15

Termine:	Datum	Uhrzeiten
	20.08.2023	10:30 - 11:15
	27.08.2023	10:30 - 11:15
	03.09.2023	10:30 - 11:15
	10.09.2023	10:30 - 11:15
	17.09.2023	10:30 - 11:15
	24.09.2023	10:30 - 11:15
	22.10.2023	10:30 - 11:15
	29.10.2023	10:30 - 11:15
	05.11.2023	10:30 - 11:15
	12.11.2023	10:30 - 11:15
	19.11.2023	10:30 - 11:15
	26.11.2023	10:30 - 11:15
	03.12.2023	10:30 - 11:15
	10.12.2023	10:30 - 11:15
	17.12.2023	10:30 - 11:15
