

BESCHREIBUNG KURSANGEBOT:

CRAWL 2

Kursnummer: 243340

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

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: Camila Brugger und Sara Slimane

Kursniveau:

Bemerkung:

Kosten: 177.00 CHF

detaillierte Lektionen: 6

Termine:	Datum	Uhrzeiten
	08.09.2024	11:15 - 12:00
	15.09.2024	11:15 - 12:00
	22.09.2024	11:15 - 12:00
