

## BESCHREIBUNG KURSANGEBOT:

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### CRAWL 3

Kursnummer: 262317

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Ort: Schulhaus Bläsi, Bahn 1  
Adresse:  
Müllheimerstrasse 94  
4057 Basel

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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

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Trainer: Sara Slimane

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Kursniveau:

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Bemerkung:

Kosten: 295.00 CHF

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detaillierte Lektionen: 10

Termine:	Datum	Uhrzeiten
	16.04.2026	20:00 - 20:45
	23.04.2026	20:00 - 20:45
	30.04.2026	20:00 - 20:45
	07.05.2026	20:00 - 20:45
	21.05.2026	20:00 - 20:45
	28.05.2026	20:00 - 20:45
	04.06.2026	20:00 - 20:45
	11.06.2026	20:00 - 20:45
	18.06.2026	20:00 - 20:45
	25.06.2026	20:00 - 20:45

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