

BESCHREIBUNG KURSANGEBOT:

CRAWL 2

Kursnummer: 262318

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

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: Sara Slimane

Kursniveau:

Bemerkung:

Kosten:	295.00 CHF	
detaillierte	<u>Lektionen: 10</u>	
Termine:	Datum	Uhrzeiten
	16.04.2026	17:45 - 18:30
	23.04.2026	17:45 - 18:30
	30.04.2026	17:45 - 18:30
	07.05.2026	17:45 - 18:30
	21.05.2026	17:45 - 18:30
	28.05.2026	17:45 - 18:30
	04.06.2026	17:45 - 18:30
	11.06.2026	17:45 - 18:30
	18.06.2026	17:45 - 18:30
	25.06.2026	17:45 - 18:30
