

BESCHREIBUNG KURSANGEBOT:

CRAWL 1

Kursnummer: 261679

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
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Crawl 1

Prerequisite:

Swim approx. 25 meters backstroke and crawl using basic form

Content:

Basic crawl technique (focus on side breathing)

Targeted exercises to improve crawl technique

Optional: introduction to other strokes if the group is interested

Goal:

Swim approx. 50 meters crawl with solid technique

Trainer:	Shannon Jakob
Kursniveau:	
Bemerkung:	
Kosten:	295.00 CHF
detaillierte	<u>Lektionen: 10</u>

Termine:	Datum	Uhrzeiten
	10.01.2026	10:30 - 11:15
	17.01.2026	10:30 - 11:15
	24.01.2026	10:30 - 11:15
	31.01.2026	10:30 - 11:15
	07.02.2026	10:30 - 11:15
	14.02.2026	10:30 - 11:15
	07.03.2026	10:30 - 11:15
	14.03.2026	10:30 - 11:15
	21.03.2026	10:30 - 11:15
	28.03.2026	10:30 - 11:15
