

BESCHREIBUNG KURSANGEBOT:

CRAWL 1

Kursnummer: 253323

Ort:	Schulhaus St. Johann, Bahn 1
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:	Peppa Schwerdtner
Kursniveau:	
Bemerkung:	
Kosten:	206.50 CHF
detaillierte	<u>Lektionen: 7</u>

Termine:	Datum	Uhrzeiten
	17.08.2025	09:45 - 10:30
	24.08.2025	09:45 - 10:30
	31.08.2025	09:45 - 10:30
	07.09.2025	09:45 - 10:30
	14.09.2025	09:45 - 10:30
	21.09.2025	09:45 - 10:30
	28.09.2025	09:45 - 10:30
