

BESCHREIBUNG KURSANGEBOT:

CRAWL 1

Kursnummer: 263315

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

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:	Robert Jobst
Kursniveau:	
Bemerkung:	
Kosten:	217.00 CHF
detaillierte	<u>Lektionen: 7</u>

Termine:	Datum	Uhrzeiten
	02.11.2026	20:45 - 21:30
	09.11.2026	20:45 - 21:30
	16.11.2026	20:45 - 21:30
	23.11.2026	20:45 - 21:30
	30.11.2026	20:45 - 21:30
	07.12.2026	20:45 - 21:30
	14.12.2026	20:45 - 21:30
