

BESCHREIBUNG KURSANGEBOT:

CRAWL 2

Kursnummer: 254334

Ort: Schulhaus Bläsi, Hallenbad
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 und Dhanu Huck und Peppa Schwerdtner

Kursniveau:

Bemerkung:

Kosten:	295.00 CHF	
detaillierte	<u>Lektionen: 10</u>	
Termine:	Datum	Uhrzeiten
	16.10.2025	19:15 - 20:00
	23.10.2025	19:15 - 20:00
	30.10.2025	19:15 - 20:00
	06.11.2025	19:15 - 20:00
	13.11.2025	19:15 - 20:00
	20.11.2025	19:15 - 20:00
	27.11.2025	19:15 - 20:00
	04.12.2025	19:15 - 20:00
	11.12.2025	19:15 - 20:00
	18.12.2025	19:15 - 20:00