

BESCHREIBUNG KURSANGEBOT:

CRAWL 1

Kursnummer: 264377

Ort:	Schulhaus St. Johann, Bahn 2
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:	Aurelia Häusler
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Kursniveau:	
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Bemerkung:	
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Kosten:	186.00 CHF
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detaillierte	<u>Lektionen: 6</u>
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Termine:	Datum	Uhrzeiten
	07.11.2026	11:15 - 12:00
	14.11.2026	11:15 - 12:00
	21.11.2026	11:15 - 12:00
	28.11.2026	11:15 - 12:00
	05.12.2026	11:15 - 12:00
	12.12.2026	11:15 - 12:00
