

BESCHREIBUNG KURSANGEBOT:

CRAWL 3

Kursnummer: 254324

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 3

Prerequisite:

Swim approx. 150 meters crawl continuously

Content:

Correct technical flaws

Strength, endurance, and coordination training

Learn the crawl turn

Optional: other strokes based on group interest

Goals:

Swim approx. 300 meters crawl continuously

Master correct crawl and breathing technique

Trainer: Sara Slimane

Kursniveau:

Bemerkung:

Alles Andere als Trockenübungen

Kosten: 295.00 CHF

detaillierte Lektionen: 10

Termine:	Datum	Uhrzeiten
	16.10.2025	18:30 - 19:15
	23.10.2025	18:30 - 19:15
	30.10.2025	18:30 - 19:15
	06.11.2025	18:30 - 19:15
	13.11.2025	18:30 - 19:15
	20.11.2025	18:30 - 19:15
	27.11.2025	18:30 - 19:15
	04.12.2025	18:30 - 19:15
	11.12.2025	18:30 - 19:15
	18.12.2025	18:30 - 19:15