

BESCHREIBUNG KURSANGEBOT:

CRAWL 2

Kursnummer: 261334

Ort: Schulhaus Bläsi, Bahn 1
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 Anne Hersperger

Kursniveau:

Bemerkung:

Kosten:	295.00 CHF	
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detaillierte	<u>Lektionen: 10</u>	
Termine:	Datum	Uhrzeiten
	08.01.2026	19:15 - 20:00
	15.01.2026	19:15 - 20:00
	22.01.2026	19:15 - 20:00
	29.01.2026	19:15 - 20:00
	05.02.2026	19:15 - 20:00
	12.02.2026	19:15 - 20:00
	05.03.2026	19:15 - 20:00
	12.03.2026	19:15 - 20:00
	19.03.2026	19:15 - 20:00
	26.03.2026	19:15 - 20:00
