

BESCHREIBUNG KURSANGEBOT:

CRAWL 2

Kursnummer: 263320

Ort: Schulhaus St. Johann, Bahn 3
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 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: Aurelia Häusler

Kursniveau:

Bemerkung:

Kosten:	279.00 CHF	
detaillierte	<u>Lektionen: 9</u>	
Termine:	Datum	Uhrzeiten
	17.10.2026	09:00 - 09:45
	24.10.2026	09:00 - 09:45
	31.10.2026	09:00 - 09:45
	07.11.2026	09:00 - 09:45
	14.11.2026	09:00 - 09:45
	21.11.2026	09:00 - 09:45
	28.11.2026	09:00 - 09:45
	05.12.2026	09:00 - 09:45
	12.12.2026	09:00 - 09:45
