

BESCHREIBUNG KURSANGEBOT:

CRAWL 2

Kursnummer: 261339

Ort:	Bäumlihof, Lehrschwimmbecken Bahn 1
Adresse:	Zu den drei Linden 80 4058 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 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:	Evren Topyürek
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Kursniveau:

Bemerkung:

Kosten:	295.00 CHF	Alles Andere als Trockenübungen	
detaillierte	<u>Lektionen: 10</u>		
Termine:	Datum	Uhrzeiten	
	05.01.2026	18:45 - 19:30	
	12.01.2026	18:45 - 19:30	
	19.01.2026	18:45 - 19:30	
	26.01.2026	18:45 - 19:30	
	02.02.2026	18:45 - 19:30	
	09.02.2026	18:45 - 19:30	
	02.03.2026	18:45 - 19:30	
	09.03.2026	18:45 - 19:30	
	16.03.2026	18:45 - 19:30	
	23.03.2026	18:45 - 19:30	