

BESCHREIBUNG KURSANGEBOT:

CRAWL 1

Kursnummer: 253341

Ort:	Schulhaus Kirschgarten, Hallenbad Bahn 2
Adresse:	Hermann Kinkelin-Strasse 12 4051 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:	Sophie Gschwend und Camila Brugger
Kursniveau:	
Bemerkung:	
Kosten:	206.50 CHF
detaillierte	<u>Lektionen: 7</u>

Termine:	Datum	Uhrzeiten
	16.08.2025	09:00 - 09:45
	23.08.2025	09:00 - 09:45
	30.08.2025	09:00 - 09:45
	06.09.2025	09:00 - 09:45
	13.09.2025	09:00 - 09:45
	20.09.2025	09:00 - 09:45
	27.09.2025	09:00 - 09:45
