

BESCHREIBUNG KURSANGEBOT:

CRAWL 3

Kursnummer: 263316

Ort:	Schulhaus St. Johann, Bahn 2
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 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:	Lukas Ahr
Kursniveau:	

Bemerkung:

Alles Andere als Trockenübungen

Kosten: 310.00 CHF

detaillierte Lektionen: 10

Termine:	Datum	Uhrzeiten
	12.10.2026	20:45 - 21:30
	19.10.2026	20:45 - 21:30
	26.10.2026	20:45 - 21:30
	02.11.2026	20:45 - 21:30
	09.11.2026	20:45 - 21:30
	16.11.2026	20:45 - 21:30
	23.11.2026	20:45 - 21:30
	30.11.2026	20:45 - 21:30
	07.12.2026	20:45 - 21:30
	14.12.2026	20:45 - 21:30