

BESCHREIBUNG KURSANGEBOT:

CRAWL 2

Kursnummer: 263312

Ort: Spiegelfeld Binningen, Sportbecken Bahn 2
Adresse:
Wassergrabenstrasse 21
4102 Binningen

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: Hannah Leslie

Kursniveau:

Bemerkung:

Kosten:	217.00 CHF	
detaillierte	<u>Lektionen: 7</u>	
Termine:	Datum	Uhrzeiten
	15.08.2026	08:30 - 09:15
	22.08.2026	08:30 - 09:15
	29.08.2026	08:30 - 09:15
	05.09.2026	08:30 - 09:15
	12.09.2026	08:30 - 09:15
	19.09.2026	08:30 - 09:15
	26.09.2026	08:30 - 09:15
