

## BESCHREIBUNG KURSANGEBOT:

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### CRAWL 2

Kursnummer: 262312

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Ort: Spiegelfeld Binningen, Sportbecken Bahn 1  
Adresse:  
Wassergrabenstrasse 21  
4102 Binningen

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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

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Trainer: Laurine Gröli und Berenice Gröli

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Kursniveau:

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Bemerkung:

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Kosten: 265.50 CHF

detaillierte Lektionen: 9

Termine:	Datum	Uhrzeiten
	18.04.2026	08:30 - 09:15
	25.04.2026	08:30 - 09:15
	02.05.2026	08:30 - 09:15
	09.05.2026	08:30 - 09:15
	23.05.2026	08:30 - 09:15
	30.05.2026	08:30 - 09:15
	06.06.2026	08:30 - 09:15
	13.06.2026	08:30 - 09:15
	20.06.2026	08:30 - 09:15

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