

BESCHREIBUNG KURSANGEBOT:

CRAWL 1

Kursnummer: 261689

Ort: Schulhaus St. Johann, Bahn 3
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 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: Fabien Vogt

Kursniveau:

Bemerkung:

Kosten: 118.00 CHF

detaillierte Lektionen: 4

Termine:	Datum	Uhrzeiten
	08.03.2026	09:00 - 09:45
	15.03.2026	09:00 - 09:45
	22.03.2026	09:00 - 09:45
	29.03.2026	09:00 - 09:45
