

BESCHREIBUNG KURSANGEBOT:

CRAWL 3

Kursnummer: 261335

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 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: Sara Slimane und Anne Hersperger

Kursniveau:

Bemerkung:

Kosten: 295.00 CHF

detaillierte Lektionen: 10

Termine:	Datum	Uhrzeiten
	11.01.2026	10:30 - 11:15
	18.01.2026	10:30 - 11:15
	25.01.2026	10:30 - 11:15
	01.02.2026	10:30 - 11:15
	08.02.2026	10:30 - 11:15
	15.02.2026	10:30 - 11:15
	08.03.2026	10:30 - 11:15
	15.03.2026	10:30 - 11:15
	22.03.2026	10:30 - 11:15
	29.03.2026	10:30 - 11:15
