

BESCHREIBUNG KURSANGEBOT:

CRAWL 3

Kursnummer: 262319

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: Aurelia Eugster

Kursniveau:

Bemerkung:

Kosten: 265.50 CHF

detaillierte Lektionen: 9

Termine:	Datum	Uhrzeiten
	18.04.2026	09:00 - 09:45
	25.04.2026	09:00 - 09:45
	02.05.2026	09:00 - 09:45
	09.05.2026	09:00 - 09:45
	23.05.2026	09:00 - 09:45
	30.05.2026	09:00 - 09:45
	06.06.2026	09:00 - 09:45
	13.06.2026	09:00 - 09:45
	20.06.2026	09:00 - 09:45
