

BESCHREIBUNG KURSANGEBOT:

CRAWL 3

Kursnummer: 261351

Ort: Rialto, Sportbecken Bahn 2
Adresse:
Birsigstrasse 45
4054 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: Marisa Circhetta und Anne Hersperger

Kursniveau:

Bemerkung:

Kosten: 295.00 CHF

detaillierte Lektionen: 10

Termine:	Datum	Uhrzeiten
	05.01.2026	19:00 - 19:45
	12.01.2026	19:00 - 19:45
	19.01.2026	19:00 - 19:45
	26.01.2026	19:00 - 19:45
	02.02.2026	19:00 - 19:45
	09.02.2026	19:00 - 19:45
	02.03.2026	19:00 - 19:45
	09.03.2026	19:00 - 19:45
	16.03.2026	19:00 - 19:45
	23.03.2026	19:00 - 19:45
