

BESCHREIBUNG KURSANGEBOT:

CRAWL 2

Kursnummer: 262339

Ort: Bäumlihof, Lehrschwimmbecken Bahn 2
Adresse:
Zu den drei Linden 80
4058 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 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

Trainer: Evren Topyürek

Kursniveau:

Bemerkung:

Kosten: 295.00 CHF

detaillierte Lektionen: 10

Termine:	Datum	Uhrzeiten
	13.04.2026	18:45 - 19:30
	20.04.2026	18:45 - 19:30
	27.04.2026	18:45 - 19:30
	04.05.2026	18:45 - 19:30
	11.05.2026	18:45 - 19:30
	18.05.2026	18:45 - 19:30
	01.06.2026	18:45 - 19:30
	08.06.2026	18:45 - 19:30
	15.06.2026	18:45 - 19:30
	22.06.2026	18:45 - 19:30
