

BESCHREIBUNG KURSANGEBOT:

CRAWL 1

Kursnummer: 262336

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 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: Fabian Hafner

Kursniveau:

Bemerkung:

Kosten: 295.00 CHF

detaillierte Lektionen: 10

Termine:	Datum	Uhrzeiten
	13.04.2026	16:30 - 17:15
	20.04.2026	16:30 - 17:15
	27.04.2026	16:30 - 17:15
	04.05.2026	16:30 - 17:15
	11.05.2026	16:30 - 17:15
	18.05.2026	16:30 - 17:15
	01.06.2026	16:30 - 17:15
	08.06.2026	16:30 - 17:15
	15.06.2026	16:30 - 17:15
	22.06.2026	16:30 - 17:15
