

## BESCHREIBUNG KURSANGEBOT:

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### CRAWL 2

Kursnummer: 251318

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Ort: Schulhaus Bläsi, Hallenbad  
Adresse:  
Müllheimerstrasse 94  
4057 Basel

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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**

- Swimming 50 meters crawl at a stretch
- Basics breast and backstroke

##### **Content**

- Improvement of the crawl- & breathing techniques
- Crawl turn
- Correction of mistakes in technique

##### **Goals**

- Improvement of endurance and power
- Crawl technique with triple breathing
- Swimming 150 meters crawl at a stretch

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Trainer: Sara Slimane und Elena Debelic

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Kursniveau:

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Bemerkung:

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Kosten: 354.00 CHF

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detaillierte Lektionen: 12

Termine:	Datum	Uhrzeiten
	09.01.2025	17:45 - 18:30
	16.01.2025	17:45 - 18:30
	23.01.2025	17:45 - 18:30
	30.01.2025	17:45 - 18:30
	06.02.2025	17:45 - 18:30
	13.02.2025	17:45 - 18:30
	20.02.2025	17:45 - 18:30
	27.02.2025	17:45 - 18:30
	20.03.2025	17:45 - 18:30
	27.03.2025	17:45 - 18:30
	03.04.2025	17:45 - 18:30
	10.04.2025	17:45 - 18:30

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