

BESCHREIBUNG KURSANGEBOT:

CRAWL 3

Kursnummer: 253317

Ort: Schulhaus Bläsi, Hallenbad
Adresse:
Müllheimerstrasse 94
4057 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: Sara Slimane

Kursniveau:

Bemerkung:

Kosten: 206.50 CHF

detaillierte Lektionen: 7

Termine:	Datum	Uhrzeiten
	14.08.2025	20:00 - 20:45
	21.08.2025	20:00 - 20:45
	28.08.2025	20:00 - 20:45
	04.09.2025	20:00 - 20:45
	11.09.2025	20:00 - 20:45
	18.09.2025	20:00 - 20:45
	25.09.2025	20:00 - 20:45
