

BESCHREIBUNG KURSANGEBOT:

CRAWL 1

Kursnummer: 261576

Ort: Spiegelfeld Binningen, Sportbecken Bahn 1
Adresse:
Wassergrabenstrasse 21
4102 Binningen

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: Laurine Gröli und Dhanu Huck

Kursniveau:

Bemerkung:

Kosten: 118.00 CHF

detaillierte Lektionen: 4

| Termine: | Datum | Uhrzeiten |
|----------|------------|---------------|
| | 07.03.2026 | 09:15 - 10:00 |
| | 14.03.2026 | 09:15 - 10:00 |
| | 21.03.2026 | 09:15 - 10:00 |
| | 28.03.2026 | 09:15 - 10:00 |
