

BESCHREIBUNG KURSANGEBOT:

CRAWL 1

Kursnummer: 262576

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

Kursniveau:

Bemerkung:

Kosten: 265.50 CHF

detaillierte Lektionen: 9

Termine:	Datum	Uhrzeiten
	18.04.2026	09:15 - 10:00
	25.04.2026	09:15 - 10:00
	02.05.2026	09:15 - 10:00
	09.05.2026	09:15 - 10:00
	23.05.2026	09:15 - 10:00
	30.05.2026	09:15 - 10:00
	06.06.2026	09:15 - 10:00
	13.06.2026	09:15 - 10:00
	20.06.2026	09:15 - 10:00
