

BESCHREIBUNG KURSANGEBOT:

CRAWL 3

Kursnummer: 254335

Ort:	Schulhaus St. Johann, Bahn 3
Adresse:	St. Johannis-Ring 17
	4056 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
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Kursniveau:

Bemerkung:

Alles Andere als Trockenübungen

Kosten: 265.50 CHF

detaillierte Lektionen: 9

Termine:	Datum	Uhrzeiten
	19.10.2025	10:30 - 11:15
	26.10.2025	10:30 - 11:15
	02.11.2025	10:30 - 11:15
	09.11.2025	10:30 - 11:15
	16.11.2025	10:30 - 11:15
	23.11.2025	10:30 - 11:15
	30.11.2025	10:30 - 11:15
	07.12.2025	10:30 - 11:15
	14.12.2025	10:30 - 11:15
