

## BESCHREIBUNG KURSANGEBOT:

---

### CRAWL 3

Kursnummer: 262316

---

|          |                                    |
|----------|------------------------------------|
| Ort:     | Schulhaus St. Johann, Bahn 2       |
| Adresse: | St. Johannis-Ring 17<br>4056 Basel |

---

|             |                                                                                                                                                                                                                                                                                                                                                                                                               |
|-------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Lerninhalt: | <b>Crawl</b><br>the fastest and most economical style for water enthusiastic sportsmen<br><br><ul style="list-style-type: none"><li>- Gliding through water with an extended posture</li><li>- Overcoming resistance with the correct arm stroke</li><li>- Supporting stabilization with a clean kicking technique</li><li>- Overcoming longer distances by learning the correct rhythmic breathing</li></ul> |
|-------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

#### **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:    | Lukas Ahr |
| Kursniveau: |           |

---

---

Bemerkung:

Alles Andere als Trockenübungen

---

Kosten: 295.00 CHF

---

detaillierte Lektionen: 10

| Termine: | Datum      | Uhrzeiten     |
|----------|------------|---------------|
|          | 13.04.2026 | 20:45 - 21:30 |
|          | 20.04.2026 | 20:45 - 21:30 |
|          | 27.04.2026 | 20:45 - 21:30 |
|          | 04.05.2026 | 20:45 - 21:30 |
|          | 11.05.2026 | 20:45 - 21:30 |
|          | 18.05.2026 | 20:45 - 21:30 |
|          | 01.06.2026 | 20:45 - 21:30 |
|          | 08.06.2026 | 20:45 - 21:30 |
|          | 15.06.2026 | 20:45 - 21:30 |
|          | 22.06.2026 | 20:45 - 21:30 |

---