

## BESCHREIBUNG KURSANGEBOT:

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### CRAWL 1

Kursnummer: 263318

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Ort: Schulhaus Bläsi, Bahn 1  
Adresse:  
Müllheimerstrasse 94  
4057 Basel

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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

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Trainer: Dhanu Huck

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Kursniveau:

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Bemerkung:

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Kosten: 217.00 CHF

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detaillierte Lektionen: 7

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| Termine: | Datum      | Uhrzeiten     |
|----------|------------|---------------|
|          | 13.08.2026 | 17:45 - 18:30 |
|          | 20.08.2026 | 17:45 - 18:30 |
|          | 27.08.2026 | 17:45 - 18:30 |
|          | 03.09.2026 | 17:45 - 18:30 |
|          | 10.09.2026 | 17:45 - 18:30 |
|          | 17.09.2026 | 17:45 - 18:30 |
|          | 24.09.2026 | 17:45 - 18:30 |

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