

BESCHREIBUNG KURSANGEBOT:

CRAWL 2

Kursnummer: 262679

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 2

Prerequisite:

Swim approx. 50 meters continuously with solid crawl technique

Content:

Improve and solidify crawl and breathing technique

Correct technical flaws

Optional: other strokes based on group interest

Goals:

Swim approx. 150 meters crawl using 3-stroke breathing

Improve strength and endurance

Trainer: Shannon Jakob und Julia Reust

Kursniveau:

Bemerkung:

Kosten: 265.50 CHF

detaillierte Lektionen: 9

Termine:	Datum	Uhrzeiten
	18.04.2026	10:30 - 11:15
	25.04.2026	10:30 - 11:15
	02.05.2026	10:30 - 11:15
	09.05.2026	10:30 - 11:15
	23.05.2026	10:30 - 11:15
	30.05.2026	10:30 - 11:15
	06.06.2026	10:30 - 11:15
	13.06.2026	10:30 - 11:15
	20.06.2026	10:30 - 11:15
