

BESCHREIBUNG KURSANGEBOT:

CRAWL 3

Kursnummer: 254336

Ort:	Bäumlihof, Sportbecken Bahn 3
Adresse:	Zu den drei Linden 80 4058 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:	Fabian Hafner
Kursniveau:	

Bemerkung:

Alles Andere als Trockenübungen

Kosten: 295.00 CHF

detaillierte Lektionen: 10

Termine:	Datum	Uhrzeiten
	13.10.2025	16:30 - 17:15
	20.10.2025	16:30 - 17:15
	27.10.2025	16:30 - 17:15
	03.11.2025	16:30 - 17:15
	10.11.2025	16:30 - 17:15
	17.11.2025	16:30 - 17:15
	24.11.2025	16:30 - 17:15
	01.12.2025	16:30 - 17:15
	08.12.2025	16:30 - 17:15
	15.12.2025	16:30 - 17:15