

## BESCHREIBUNG KURSANGEBOT:

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### CRAWL 1

Kursnummer: 262341

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Ort: Schulhaus Kirschgarten, Hallenbad Bahn 1  
Adresse:  
Hermann Kinkelin-Strasse 12  
4051 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: Evren Topyürek

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Kursniveau:

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Bemerkung:

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Kosten: 265.50 CHF

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detaillierte Lektionen: 9

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Termine:	Datum	Uhrzeiten
	18.04.2026	09:00 - 09:45
	25.04.2026	09:00 - 09:45
	02.05.2026	09:00 - 09:45
	09.05.2026	09:00 - 09:45
	23.05.2026	09:00 - 09:45
	30.05.2026	09:00 - 09:45
	06.06.2026	09:00 - 09:45
	13.06.2026	09:00 - 09:45
	20.06.2026	09:00 - 09:45

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