

## BESCHREIBUNG KURSANGEBOT:

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### CRAWL 3

Kursnummer: 263335

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| Ort:     | Schulhaus St. Johann, Bahn 3 |
| Adresse: | St. Johannis-Ring 17         |
|          | 4056 Basel                   |

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| 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> |
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#### **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

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| Trainer:    | Sara Slimane |
| Kursniveau: |              |

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Bemerkung:

Alles Andere als Trockenübungen

Kosten: 279.00 CHF

detaillierte Lektionen: 9

| Termine: | Datum      | Uhrzeiten     |
|----------|------------|---------------|
|          | 18.10.2026 | 10:30 - 11:15 |
|          | 25.10.2026 | 10:30 - 11:15 |
|          | 01.11.2026 | 10:30 - 11:15 |
|          | 08.11.2026 | 10:30 - 11:15 |
|          | 15.11.2026 | 10:30 - 11:15 |
|          | 22.11.2026 | 10:30 - 11:15 |
|          | 29.11.2026 | 10:30 - 11:15 |
|          | 06.12.2026 | 10:30 - 11:15 |
|          | 13.12.2026 | 10:30 - 11:15 |