

BESCHREIBUNG KURSANGEBOT:

CRAWL 3

Kursnummer: 261317

Ort: Schulhaus Bläsi, Bahn 1
Adresse:
Müllheimerstrasse 94
4057 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: Sara Slimane und Anne Hersperger

Kursniveau:

Bemerkung:

Alles Andere als Trockenübungen

Kosten: 295.00 CHF

detaillierte Lektionen: 10

Termine:	Datum	Uhrzeiten
	08.01.2026	20:00 - 20:45
	15.01.2026	20:00 - 20:45
	22.01.2026	20:00 - 20:45
	29.01.2026	20:00 - 20:45
	05.02.2026	20:00 - 20:45
	12.02.2026	20:00 - 20:45
	05.03.2026	20:00 - 20:45
	12.03.2026	20:00 - 20:45
	19.03.2026	20:00 - 20:45
	26.03.2026	20:00 - 20:45