

BESCHREIBUNG KURSANGEBOT:

CRAWL 2

Kursnummer: 263334

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 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: Dhanu Huck

Kursniveau:

Bemerkung:

Kosten:	217.00 CHF	
detaillierte	<u>Lektionen: 7</u>	
Termine:	Datum	Uhrzeiten
	13.08.2026	19:15 - 20:00
	20.08.2026	19:15 - 20:00
	27.08.2026	19:15 - 20:00
	03.09.2026	19:15 - 20:00
	10.09.2026	19:15 - 20:00
	17.09.2026	19:15 - 20:00
	24.09.2026	19:15 - 20:00
