

BESCHREIBUNG KURSANGEBOT:

CRAWL 1

Kursnummer: 262689

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

Trainer: Fabien Vogt

Kursniveau:

Bemerkung:

Kosten: 236.00 CHF

detaillierte Lektionen: 8

Termine:	Datum	Uhrzeiten
	19.04.2026	09:00 - 09:45
	26.04.2026	09:00 - 09:45
	03.05.2026	09:00 - 09:45
	10.05.2026	09:00 - 09:45
	31.05.2026	09:00 - 09:45
	07.06.2026	09:00 - 09:45
	14.06.2026	09:00 - 09:45
	21.06.2026	09:00 - 09:45
