

BESCHREIBUNG KURSANGEBOT:

CRAWL 2

Kursnummer: 254340

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
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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:	Sara Slimane
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Kursniveau:

Bemerkung:

Kosten:	265.50 CHF	
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detaillierte	<u>Lektionen: 9</u>	
Termine:	Datum	Uhrzeiten
	19.10.2025	11:15 - 12:00
	26.10.2025	11:15 - 12:00
	02.11.2025	11:15 - 12:00
	09.11.2025	11:15 - 12:00
	16.11.2025	11:15 - 12:00
	23.11.2025	11:15 - 12:00
	30.11.2025	11:15 - 12:00
	07.12.2025	11:15 - 12:00
	14.12.2025	11:15 - 12:00
