

## BESCHREIBUNG KURSANGEBOT:

---

### CRAWL 1

Kursnummer: 192318

---

Ort: Schulhaus Bläsi, Hallenbad  
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 1

##### Prerequisite

- Swim 50 meters at a stretch
- The ability to submerge your head under water

##### Content

- Basics crawl technique
- Correct posture in water
- Basics breathing technique
- Repeating the basics of breast and backstroke

##### Goals

- Basics crawl
  - Repeating the basics from the other swimming methods(Breast/Backstroke)
  - Swimming 50 meters crawl at a stretch
-

|              |                                     |           |
|--------------|-------------------------------------|-----------|
| Trainer:     | Susanne Tschudi und Anne Hersperger |           |
| Kursniveau:  |                                     |           |
| Bemerkung:   |                                     |           |
| Kosten:      | 280.00 CHF                          |           |
| detaillierte | <u>Lektionen: 10</u>                |           |
| Termine:     | Datum                               | Uhrzeiten |
|              | keine                               |           |
|              | Termine                             |           |
|              | vorhanden                           |           |