

## BESCHREIBUNG KURSANGEBOT:

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### CRAWL 1

Kursnummer: 252336

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Ort: Bäumlihof, Lehrschwimmbecken Bahn 2  
Adresse:  
Zu den drei Linden 80  
4058 Basel

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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
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Trainer:	Fabian Hafner	
Kursniveau:		
Bemerkung:		
Kosten:	354.00 CHF	
detaillierte	<u>Lektionen: 12</u>	
Termine:	Datum	Uhrzeiten
	17.03.2025	16:30 - 17:15
	24.03.2025	16:30 - 17:15
	31.03.2025	16:30 - 17:15
	07.04.2025	16:30 - 17:15
	28.04.2025	16:30 - 17:15
	05.05.2025	16:30 - 17:15
	12.05.2025	16:30 - 17:15
	19.05.2025	16:30 - 17:15
	26.05.2025	16:30 - 17:15
	02.06.2025	16:30 - 17:15
	16.06.2025	16:30 - 17:15
	23.06.2025	16:30 - 17:15

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