

BESCHREIBUNG KURSANGEBOT:

CRAWL 3

Kursnummer: 263338

Ort: Bäumlihof, Sportbecken Bahn 1
Adresse:
Zu den drei Linden 80
4058 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 3

Prerequisite:

Swim approx. 150 meters crawl continuously

Content:

Correct technical flaws

Strength, endurance, and coordination training

Learn the crawl turn

Optional: other strokes based on group interest

Goals:

Swim approx. 300 meters crawl continuously

Master correct crawl and breathing technique

Trainer: Fabian Hafner

Kursniveau:

Bemerkung:

Kosten: 217.00 CHF

detaillierte Lektionen: 7

Termine:	Datum	Uhrzeiten
	10.08.2026	18:45 - 19:30
	17.08.2026	18:45 - 19:30
	24.08.2026	18:45 - 19:30
	31.08.2026	18:45 - 19:30
	07.09.2026	18:45 - 19:30
	14.09.2026	18:45 - 19:30
	21.09.2026	18:45 - 19:30
