

BESCHREIBUNG KURSANGEBOT:

CRAWL 1

Kursnummer: 261318

Ort:	Schulhaus Bläsi, Bahn 1
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
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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:	Sara Slimane und Anne Hersperger
Kursniveau:	
Bemerkung:	
Kosten:	295.00 CHF
detaillierte	<u>Lektionen: 10</u>

Termine:	Datum	Uhrzeiten
	08.01.2026	17:45 - 18:30
	15.01.2026	17:45 - 18:30
	22.01.2026	17:45 - 18:30
	29.01.2026	17:45 - 18:30
	05.02.2026	17:45 - 18:30
	12.02.2026	17:45 - 18:30
	05.03.2026	17:45 - 18:30
	12.03.2026	17:45 - 18:30
	19.03.2026	17:45 - 18:30
	26.03.2026	17:45 - 18:30
