

## BESCHREIBUNG KURSANGEBOT:

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### CRAWL 2

Kursnummer: 251340

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Ort: Schulhaus St. Johann, Bahn 3  
Adresse:  
St. Johannis-Ring 17  
4056 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 2**

##### **Prerequisite**

- Swimming 50 meters crawl at a stretch
- Basics breast and backstroke

##### **Content**

- Improvement of the crawl- & breathing techniques
- Crawl turn
- Correction of mistakes in technique

##### **Goals**

- Improvement of endurance and power
- Crawl technique with triple breathing
- Swimming 150 meters crawl at a stretch

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Trainer: Sara Slimane und Fabian Hafner

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Kursniveau:

Bemerkung:

Kosten: 295.00 CHF

detaillierte Lektionen: 10

Termine:	Datum	Uhrzeiten
	12.01.2025	11:15 - 12:00
	19.01.2025	11:15 - 12:00
	26.01.2025	11:15 - 12:00
	02.02.2025	11:15 - 12:00
	09.02.2025	11:15 - 12:00
	16.02.2025	11:15 - 12:00
	23.02.2025	11:15 - 12:00
	23.03.2025	11:15 - 12:00
	30.03.2025	11:15 - 12:00
	06.04.2025	11:15 - 12:00