

BESCHREIBUNG KURSANGEBOT:

CRAWL 3

Kursnummer: 254319

Ort:	Schulhaus St. Johann, Bahn 2
Adresse:	St. Johannis-Ring 17 4056 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 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:	Aurelia Eugster und Renata Magallon und Dhanu Huck
Kursniveau:	

Bemerkung:

Alles Andere als Trockenübungen

Kosten: 265.50 CHF

detaillierte Lektionen: 9

Termine:	Datum	Uhrzeiten
	18.10.2025	09:00 - 09:45
	25.10.2025	09:00 - 09:45
	01.11.2025	09:00 - 09:45
	08.11.2025	09:00 - 09:45
	15.11.2025	09:00 - 09:45
	22.11.2025	09:00 - 09:45
	29.11.2025	09:00 - 09:45
	06.12.2025	09:00 - 09:45
	13.12.2025	09:00 - 09:45
