

BESCHREIBUNG KURSANGEBOT:

CRAWL 2

Kursnummer: 262340

Ort: Schulhaus St. Johann, Bahn 3
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

Crawl 2

Prerequisite:

Swim approx. 50 meters continuously with solid crawl technique

Content:

Improve and solidify crawl and breathing technique

Correct technical flaws

Optional: other strokes based on group interest

Goals:

Swim approx. 150 meters crawl using 3-stroke breathing

Improve strength and endurance

Trainer: Sara Slimane

Kursniveau:

Bemerkung:

Kosten:	236.00 CHF	
detaillierte	<u>Lektionen: 8</u>	
Termine:	Datum	Uhrzeiten
	19.04.2026	11:15 - 12:00
	26.04.2026	11:15 - 12:00
	03.05.2026	11:15 - 12:00
	10.05.2026	11:15 - 12:00
	31.05.2026	11:15 - 12:00
	07.06.2026	11:15 - 12:00
	14.06.2026	11:15 - 12:00
	21.06.2026	11:15 - 12:00
