

## BESCHREIBUNG KURSANGEBOT:

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### CRAWL 2

Kursnummer: 253340

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Ort: Schulhaus St. Johann, Bahn 2  
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:**

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

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Trainer: Sara Slimane und Dhanu Huck

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Kursniveau:

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Bemerkung:

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Kosten: 206.50 CHF

detaillierte Lektionen: 7

| Termine: | Datum      | Uhrzeiten     |
|----------|------------|---------------|
|          | 17.08.2025 | 11:15 - 12:00 |
|          | 24.08.2025 | 11:15 - 12:00 |
|          | 31.08.2025 | 11:15 - 12:00 |
|          | 07.09.2025 | 11:15 - 12:00 |
|          | 14.09.2025 | 11:15 - 12:00 |
|          | 21.09.2025 | 11:15 - 12:00 |
|          | 28.09.2025 | 11:15 - 12:00 |