

BESCHREIBUNG KURSANGEBOT:

CRAWL 3

Kursnummer: 261336

Ort:	Bäumlihof, Sportbecken Bahn 1
Adresse:	Zu den drei Linden 80 4058 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:	Fabian Hafner
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Kursniveau:

Bemerkung:

Alles Andere als Trockenübungen

Kosten: 295.00 CHF

detaillierte Lektionen: 10

Termine:	Datum	Uhrzeiten
	05.01.2026	16:30 - 17:15
	12.01.2026	16:30 - 17:15
	19.01.2026	16:30 - 17:15
	26.01.2026	16:30 - 17:15
	02.02.2026	16:30 - 17:15
	09.02.2026	16:30 - 17:15
	02.03.2026	16:30 - 17:15
	09.03.2026	16:30 - 17:15
	16.03.2026	16:30 - 17:15
	23.03.2026	16:30 - 17:15