

## BESCHREIBUNG KURSANGEBOT:

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### CRAWL 2

Kursnummer: 251341

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Ort: Schulhaus Kirschgarten, Hallenbad Bahn 2  
Adresse:  
Hermann Kinkelin-Strasse 12  
4051 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: Sophie Gschwend und Simone Tarelli

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Kursniveau:

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Bemerkung:

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Kosten: 354.00 CHF

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detaillierte Lektionen: 12

Termine:	Datum	Uhrzeiten
	11.01.2025	09:00 - 09:45
	18.01.2025	09:00 - 09:45
	25.01.2025	09:00 - 09:45
	01.02.2025	09:00 - 09:45
	08.02.2025	09:00 - 09:45
	15.02.2025	09:00 - 09:45
	22.02.2025	09:00 - 09:45
	01.03.2025	09:00 - 09:45
	22.03.2025	09:00 - 09:45
	29.03.2025	09:00 - 09:45
	05.04.2025	09:00 - 09:45
	12.04.2025	09:00 - 09:45

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