

## BESCHREIBUNG KURSANGEBOT:

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### CRAWL 2

Kursnummer: 253334

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| Ort:     | Schulhaus Bläsi, Hallenbad         |
| Adresse: | Müllheimerstrasse 94<br>4057 Basel |

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| Lerninhalt: | <b>Crawl</b><br>the fastest and most economical style for water enthusiastic sportsmen<br><br><ul style="list-style-type: none"><li>- Gliding through water with an extended posture</li><li>- Overcoming resistance with the correct arm stroke</li><li>- Supporting stabilization with a clean kicking technique</li><li>- Overcoming longer distances by learning the correct rhythmic breathing</li></ul> |
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#### **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 |
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| Kursniveau: |
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| Bemerkung: |
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Kosten: 206.50 CHF

detaillierte Lektionen: 7

| Termine: | Datum      | Uhrzeiten     |
|----------|------------|---------------|
|          | 14.08.2025 | 19:15 - 20:00 |
|          | 21.08.2025 | 19:15 - 20:00 |
|          | 28.08.2025 | 19:15 - 20:00 |
|          | 04.09.2025 | 19:15 - 20:00 |
|          | 11.09.2025 | 19:15 - 20:00 |
|          | 18.09.2025 | 19:15 - 20:00 |
|          | 25.09.2025 | 19:15 - 20:00 |