

BESCHREIBUNG KURSANGEBOT:

CRAWL 3

Kursnummer: 262335

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 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: Sara Slimane

Kursniveau:

Bemerkung:

Kosten: 236.00 CHF

detaillierte Lektionen: 8

Termine:	Datum	Uhrzeiten
	19.04.2026	10:30 - 11:15
	26.04.2026	10:30 - 11:15
	03.05.2026	10:30 - 11:15
	10.05.2026	10:30 - 11:15
	31.05.2026	10:30 - 11:15
	07.06.2026	10:30 - 11:15
	14.06.2026	10:30 - 11:15
	21.06.2026	10:30 - 11:15
