

## BESCHREIBUNG KURSANGEBOT:

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### CRAWL 1

Kursnummer: 251315

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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 1**

##### **Prerequisite**

- Swim 50 meters at a stretch
- The ability to submerge your head under water

##### **Content**

- Basics crawl technique
- Correct posture in water
- Basics breathing technique
- Repeating the basics of breast and backstroke

##### **Goals**

- Basics crawl
  - Repeating the basics from the other swimming methods(Breast/Backstroke)
  - Swimming 50 meters crawl at a stretch
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| Trainer: | Robert Jobst |  |
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| Kursniveau: |  |  |
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| Bemerkung: |  |  |
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| Kosten: | 354.00 CHF |  |
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| detaillierte | <u>Lektionen: 12</u> |  |
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| Termine: | Datum      | Uhrzeiten     |
|          | 06.01.2025 | 20:45 - 21:30 |
|          | 13.01.2025 | 20:45 - 21:30 |
|          | 20.01.2025 | 20:45 - 21:30 |
|          | 27.01.2025 | 20:45 - 21:30 |
|          | 03.02.2025 | 20:45 - 21:30 |
|          | 10.02.2025 | 20:45 - 21:30 |
|          | 17.02.2025 | 20:45 - 21:30 |
|          | 24.02.2025 | 20:45 - 21:30 |
|          | 17.03.2025 | 20:45 - 21:30 |
|          | 24.03.2025 | 20:45 - 21:30 |
|          | 31.03.2025 | 20:45 - 21:30 |
|          | 07.04.2025 | 20:45 - 21:30 |

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