

MUTUAL OF OMAHA **BREAKout!** SWIM CLINIC

DREAM it. BELIEVE it. BREAKout!

Sign up for the Mutual of Omaha **BREAKout!** Swim Clinic *Hosted by:*
Longmont Swim Club and Fox Hill Swim Team

A total-person approach to swimming, a **BREAKout!** Swim Clinic can help you **bust bad habits**, **build new skills** and **uncover hidden talent**.

Every participant:

- ✗ Learn Champion techniques in free, backstroke, & starts (in-water and dry-land group instruction)
- ✗ Understands how the body, mind and heart affect swimming
- ✗ Trains with the world's top swimmers
- ✗ Asks questions, gets an autograph and photo
- ✗ Receives a **BREAKout!** T-shirt, poster, DVDs and other souvenirs

For details, visit breakoutswimclinic.com.

Parents and coaches can watch!

Event Information

June 1, 2017

The Fox Hill Club Pool

1400 E. Hwy. 119

Longmont, CO 80504

\$50 per swimmer

12:30pm-4pm

11 & above 12:30pm-2:30pm, 10 & under 1:45pm-4pm

Contact: Marnie Dwyer / dwymarnie@gmail.com

Featuring



Gold Medalist

Jason Lezak



World record holder - 4 time Olympian
8 time Olympic medalist - Team captain

Registration Form Mutual of Omaha **BREAKout!** Swim Clinic

Name _____
Address _____
City/State/ZIP _____
Birthday _____ Age _____
E-mail Address _____
Signature of Parent or Guardian _____
Date _____

Register **Today!**

Registration Deadline: May 15th

Make checks payable to:

Longmont Swim Club

By participating in the Mutual of Omaha BREAKout! Swim Clinic, each participant and his/her parent/guardian agree that the Mutual of Omaha BREAKout! Swim Clinic and Mutual of Omaha have the right to use their images in connection with the promotion of the Mutual of Omaha BREAKout! Swim Clinic and/or the sport of swimming.
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