

**MUTUAL OF OMAHA
BREAKout! SWIM CLINIC**

DREAM it. BELIEVE it. BREAKout!

Sign up for the Mutual of Omaha **BREAKout!** Swim Clinic *Hosted by:*
Fit-N-Wise & Olympians Anthony Ervin & Josh Davis

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:

- ✕ Learns champion performance techniques on all four strokes (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

Saturday, April 1, 2017 11&under 9-11:30am

Fit-N-Wise 12&up 11-1:30pm

609 Medical Center Drive, Bldg. 200 Decatur, Texas 76234

Includes in-water instruction, t-shirt, dvd's and swim bag!

8-11 yr olds 9am-11:30am check in 8:30am cost: \$70

12-18 yr olds 11am-1:30pm check in 10:30am cost: \$70

Will cover all 4 strokes, nutrition, motivation & more!

Register at: www.Fit-N-Wise.com or call 940-627-2708

Featuring



**Gold Medalist Rio 50free Champion
3x Olympian Anthony Ervin**



**Gold Medalist and Master Motivator
2x Olympian Josh Davis**