

MUSCLE SWIM

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
- X Trains with the world's top swimmers
- X Asks questions, gets an autograph and photo
- X Receives a **BREAK**out! 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

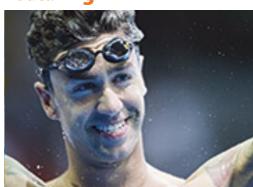
Includes in-water instruction, t-shirt, dvd's and swim bag!

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

Featurina



Gold Medalist Rio 50free Champion 3x Olympian Anthony Ervin



Gold Medalist and Master Motivator 2x Olympian Josh Davis