

MUTUAL OF OMAHA **BREAKout!** SWIM CLINIC

DREAM it. BELIEVE it. BREAKout!

Sign up for the Mutual of Omaha **BREAKout!** Swim Clinic *Hosted by:*
South Texas Masters Swimming

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

Sunday Oct 22nd, 2017 11am-4pm
Waterloo Swimming Pool Only \$50!
12332 Ranch Rd 620 N, Austin, TX
11am-4pm with check in at 10:45am
Will cover all 4 strokes, nutrition, motivation & more!
Includes in-water instruction, t-shirt, dvd's and swim bag!
Online Registration Cost is only \$50! After Oct 10 is \$60
Register online at: www.southtexasmastersswimming.com

Featuring



**Gold Medalist & World Record Holder
and USA Captain Jason Lezak**



**Gold Medalist and 2x Olympian
USA Captain Josh Davis
America's #1 swim motivator & instructor**

Registration Form Mutual of Omaha **BREAKout!** Swim Clinic
Learn from Olympic & Masters Legends **JASON LEZAK & JOSH DAVIS!**

Register Today!

Early bird special is only \$50! After Oct 10th goes up to \$60

Register online at: southtexasmastersswimming.com

For more info: Josh 210.889.7667 or Ed at stchair@usms.org 512.762.4164