

MUTUAL OF OMAHA **BREAKout!** SWIM CLINIC

DREAM it. BELIEVE it. **BREAKout!**

Sign up for the Mutual of Omaha **BREAKout!** Swim Clinic *Hosted by:*
Kingston Chase Swim Team and Town of Herndon

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

Monday, July 11, 2016 2-5pm Cost only \$50!

Kingston Chase Swim Pool For ages 8-18

1623 Hiddenbrook Drive, Herndon, VA 20170

Includes 3 hr of teaching, T-shirt, dvd's, swim bag & more!

Time: 2:00--5:00 PM.....Check in time is 1:30 PM

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

Contact: Kerstin Severin Space is limited!

Phone: 703-435-6800 x 2128 email: kerstin.severin@herndon-va.gov

Featuring...



AR Holder 200IM Ariana Kukors



Gold Medalist Josh Davis

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

Learn from and race with the best on TEAM USA... ARIANA KUKORS and JOSH!!!

Complete this form. T-shirt size circle: Youth L or Adult S M L XL

Name _____

Address _____

City/State/ZIP _____

Birthday _____ Age _____

E-mail Address _____

Signature of Parent or Guardian _____

Date _____

Register Today!

REGISTER BY July 1, 2016

Make checks payable & mail to:

Kingston Chase Swim Team

C/O Town of Herndon

P.O. Box 427

Herndon, VA 20172-0427

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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