



SWIMMING

SWIM CLINICS

@ Lakewood Family YMCA
Cleveland, OH

2012 DATES: March 3 - 4, July 7 - 8, November 3 - 4

***FRIENDS AND FAMILY DISCOUNT - Reinforce great swimming habits with a friend!**

WEEKEND TRANSFORMATION: FREESTYLE PART 1 & 2 – *Enjoy continuous and permanent improvement in your stroke efficiency for years to come!* If you want to learn how to swim faster and train smarter with greater ease and less struggle then we recommend you experience the entire weekend transformation. In 2 days you will develop a complete understanding of the freestyle stroke mechanics, learn how to effectively train for speed and endurance and leave with a personalized plan for improvement. Benefit from our hands-on instructional techniques, low student to coach ratio and generous underwater videotaping throughout the Part 1 and 2 courses. All participants should have basic swimming skills to complete 100 yards continuously and comfortable in deep water. (\$495 / \$445*)

FREESTYLE PART 1 – STROKE FUNDAMENTALS – *Essential skills for everyday swimming!* Using a time-tested sequence that focuses on the fundamental swimming principles of balance, length, rotation, and timing we will transform how your body moves through water and save you energy along the way! Our coaches will be in the water providing you with constructive hands-on feedback and demonstrating simple solutions to solving common swimming puzzles. With an increased level of body awareness and our well choreographed drill progression you'll become your own best coach and enjoy lifelong improvement in your stroke efficiency! (\$275 / \$250*)

FREESTYLE PART 2 – SMART SWIMMING – *Swimming smarter one stroke at a time!* Revolutionize your approach to swimming in both action and in thought as you learn the discipline of intelligent swimming. We'll enhance your technique and performance by reinforcing and building upon the skills learned in the Part 1 course and teach you how to effectively integrate rhythm, speed and endurance without compromising form and efficiency. With expert guidance from our coaches, we'll enhance your understanding of the freestyle stroke fundamentals and progress seamlessly to whole-stroke freestyle using a sampling of tempos, training tools and workout designs along the way. Prerequisite: Part 1 or equivalent. (\$275 / \$250*)

TRIATHLON SWIMMING 101 – *Swim with confidence amongst the chaos!* A clear, practical, guide specifically designed for the beginner triathlete. This clinic emphasizes basic triathlon and open-water swimming skills and provides answers to all of your pre-race questions. Discussion topics will include; pre-race preparations, course evaluation, navigational skills, drafting and passing techniques, racing strategies and tips for greater success in open water. In-water skill development will supplement classroom exercises. Excellent addition to our Freestyle Swim Clinics. (\$85 / \$75*)

SWIM SHOOT – UNDERWATER VIDEO ANALYSIS – *Refine your skills!* Receive immediate feedback and a personalized prescription for improving your technique in this comprehensive, 2-hour, freestyle-stroke overview. You will be taped at multiple angles from both ABOVE and BELOW the surface. Classroom session will follow using slow-motion and stop-action to effectively examine form, detail individual stroke inefficiencies and identify prime opportunities for improvement. Suitable as an introductory clinic or as a refresher course for workshop alumni. (\$85 / \$75*)

Register @ www.LiquidLifestyles.com

www.LiquidLifestyles.com
440.935.1097

Lakewood Family YMCA

16915 Detroit Ave.
Lakewood, OH 44107
p 216.521.8400



2012 CLINICS presented by Liquid Lifestyles Swimming

Liquid Lifestyles, Inc. • P.O. Box 40268, Bay Village, OH 44140 • info@LiquidLifestyles.com • www.LiquidLifestyles.com

REGISTRATION / PAYMENT:

Online payments can be made @ www.LiquidLifestyles.com with your PayPal balance, bank account, or credit card. Payments by check can be mailed to the address above. Be sure to include clinic type, date and location in the MEMO. Please complete the **Registration / Waiver Form** on the following page and bring it with you to the clinic. View the complete Liquid Lifestyles Clinic Payment / Cancellation Policy online.

CLINIC SCHEDULE (subject to minor revision)

* PLEASE ARRIVE 15 MIN EARLY FOR CHECK-IN *

March 3 July 7 November 3	SWIM SHOOT – UNDERWATER VIDEO ANALYSIS Saturday morning (8am – 10am) Lap Pool 8:00 – 8:30am Classroom 8:30 – 10:00
March 3 July 7 November 3	FREESTYLE PART 1 – STROKE FUNDAMENTALS Saturday (11am – 6pm) Classroom 11:00 – 12:00pm Lap Pool 12:00 – 2:00 Lunch 2:00 – 2:45 Classroom 2:45 – 3:45 Lap Pool 3:45 – 5:15 Classroom 5:15 – 6:00
March 4 July 8 November 4	TRIATHLON SWIMMING 101 Sunday morning (8:30am – 10:30am) Classroom 8:30 – 9:45am Lap Pool 9:45 – 10:30
March 4 July 8 November 4	FREESTYLE PART 2 – SMART SWIMMING Sunday (11am – 6pm) Classroom 11:00 – 12:00pm Lap Pool 12:00 – 2:00 Lunch 2:00 – 2:45 Classroom 2:45 – 3:45 Lap Pool 3:45 – 5:15 Classroom 5:15 – 6:00

WHAT TO BRING:

- Swim Suit (2)
 - * Recommend male students wear Speedo-type briefs to reduce drag
- Goggles (2)
- Personal Towel(s)
- Packed Lunch (Part 1 & Part 2 only)
- Note Pad & Pen
- Personal Locker Combination
- Thermal Rash Guard for extra warmth in pool (optional)
- Registration / Waiver Form

FOR PURCHASE: (cash or check accepted)

- Become your own best coach and enjoy continuous improvement in your swimming with the best swim training products available! Total Immersion self-help books, DVD's and a variety of Finis training gear and products will be available throughout the course for purchase.
- PURCHASE PRODUCTS ONLINE and receive **10% OFF** your total product purchase. Visit www.totalimmersion.net and www.FinisInc.com and enter coupon code "liquidlifestyles" (case sensitive) at checkout.

QUESTIONS: WORKSHOP COORDINATOR: LEAH NYIKES

Cell: 440.935.1097
Email: Leah@LiquidLifestyles.com

See you at the pool!



REGISTRATION WAIVER

Liquid Lifestyles, Inc. • P.O. Box 40268, Bay Village, OH 44140 • info@LiquidLifestyles.com • www.LiquidLifestyles.com

GENERAL CLIENT INFORMATION: (PLEASE PRINT CLEARLY)

Participant's name and date of birth input fields

PARTICIPANT'S NAME

DATE OF BIRTH

Street and city/state/zip code input fields

STREET

CITY / STATE / ZIP CODE

Phone 1, phone 2, and primary email address input fields

PHONE 1

PHONE 2

PRIMARY EMAIL ADDRESS

HOW DID YOU HEAR ABOUT Liquid Lifestyles, Inc.?

- Referral, Total Immersion, Internet, Host Facility, Other (Please specify)

WHAT BEST DESCRIBES YOU?

- TRIATHLETE, COMPETITIVE SWIMMER, FITNESS AND RECREATIONAL, LEARN TO SWIM, SPECIAL OPS

BRIEFLY DESCRIBE YOUR SWIMMING BACKGROUND:

HAVE YOU PARTICIPATED IN ANY OTHER SWIMMING WORKSHOPS OR LESSONS WITHIN THE LAST 5 YEARS YES NO
If yes, please explain your experience:

WHAT ARE YOUR SPECIFIC SWIMMING GOALS / INTERESTS?

1. 2. 3.

* ULTIMATE GOAL:

EMERGENCY CONTACT INFORMATION:

Emergency contact and relationship input fields

EMERGENCY CONTACT

RELATIONSHIP

Contact phone, primary care physician, and physician's phone input fields

CONTACT PHONE

PRIMARY CARE PHYSICIAN

PHYSICIAN'S PHONE

Health problems and current medications input field

PLEASE LIST ANY KNOW HEALTH PROBLEMS, INCLUDING ALL ALLERGIES AND CURRENT MEDICATIONS

RELEASE FORM LIABILITY:

I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all risks inherent in competitive swimming including possible permanent disability and death and agree to assume all risks. As a condition of my participation in the Liquid Lifestyles clinics or any program activities thereto, I hereby waive and release Liquid Lifestyles, its officers, agents or employees, host facilities or any individuals supervising the clinic program from any and all rights, claims for losses or damages of any kind, arising directly or indirectly, from my participation including, but not limited to, all claims for injury, loss or damages caused by the negligence whether active or passive in nature.

Date and signature input fields

DATE

PARTICIPANT'S SIGNATURE
PARENT / GUARDIAN'S SIGNATURE (if signing for a minor)