

The Bridgeton Swim Club proudly presents: the 2nd annual MUTUAL OF OMAHA **BREAKout!** SWIM CLINIC

A unique swim clinic with not one but two Olympic Swimmers

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, March 7, 2010
 Bridgeton Community Center
 4201 Fee Fee Rd., Bridgeton MO
 1:00 pm - 5:00 pm
cost is \$60.00

make checks out to BSC,
 Enter **Bridgeton Swim club** in **YouTube** to see a short video of last year's clinic.

meet the Olympic Swimmers



5 time Gold Medalist **Josh Davis**



Gold Medalist **Misty Hyman**

email bridgetonswimclub@gmail.com for more information or call 314 576 7327



Name of Swimmer: _____
 Age of Swimmer: _____
 Address: _____
 t-shirt size: _____
 E-Mail: _____
 phone number: _____

Cut along the black line and mail registration form and check to:

Bridgeton Swim Club c/c Michael Tso
 2366 Cedar Lake drive, Maryland Heights, MO 63043

*Spots are limited
 Intrest is very high
 Please get your registration
 early to lock in your spot*