

MUTUAL OF OMAHA **BREAKout!** SWIM CLINIC

DREAM it. BELIEVE it. BREAKout!

Sign up for the Mutual of Omaha **BREAKout!** Swim Clinic *Hosted by:*
Bridgeton Flying Tigers Swim Club

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 8, 2009

Bridgeton Community Center

4201 Fee Fee Rd., Bridgeton, MO 63044-2008

1:00 PM - 5:00 PM Check-in begins at 12:15 PM

Cost is \$55.00. Limited to 70 swimmers.

For more information:

Call 314-576-7327 or E-Mail: m_mtso@sbcglobal.net

Featuring



Gold Medalist *Josh Davis*



Gold Medalist *Peter Vanderkaay*

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

Bridgeton Flying Tigers Swim Club

level of swim, or fastest 100 free time: _____

Complete this form and submit with payment.

Name _____

Address _____

City/State/ZIP _____

Birthday _____ Age _____

E-mail Address _____

Signature of Parent or Guardian _____

Date _____ **phone:** _____

Register Today!

Register by January 30, 2009

Make checks payable & mail to:

Bridgeton Swim Club

Attn: BREAKout Swim Clinic

2366 Cedar Lake Dr.,

Maryland Heights, MO 63043

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. M26001