

Freestyle Weekend Workshop October 9-10, 2010

Location: Heritage Park Aquatic Complex, 310 S. Racetrack Rd., (at Burkholder Boulevard), Henderson NV, 89015, (702) 267-2980
Tuition: \$495.00/person, \$445.00/person if 2-3 register & pay together, \$395.00/person for 4 or more registering & paying together.
Payment type: Credit Card
Registration: [[Click here](#)] to register

Contact: For more information please contact TI Coach **Kevin Millerick at 303-818-4283 or kevin@swimtech.net**

Description: Our most comprehensive course - TI classic 2-day weekend workshop, emphasizing core swimming drills to develop sound swimming mechanics on Saturday, with whole stroke integration and practice guidance on Sunday. Learn to swim freestyle with fluid efficiency, enabling you to swim your first mile, a faster mile, or more miles. You'll also learn to enjoy healthful swimming more than ever before.

We'll teach you the four key skills of a Fishlike Freestyle:

1. **Cooperate with Gravity** - Most swimmers fight gravity trying to stay on top of the water. We teach you to find your natural equilibrium by sinking into weightlessness. Learning to relax into the water breaks the "survival- stroking" cycle, and frees your arms and legs for their best use. Besides, gravity is a powerful natural force; doesn't it make more sense to use it than fight it?
2. **Take the Path of Least Resistance** - Once you understand that you must swim through the water -- and mindful that water is almost 800 times denser than air -- it's logical to focus more on how well you streamline than how you pull and kick. We'll teach you to shape yourself to cut through the water like a torpedo by alternating a right-side-streamline with a left-side-streamline. Each stroke will move you farther and faster with less effort.
3. **Swim with your body** - Traditional thinking about swimming treats the body as having an "arms department" that pulls you forward and a "legs department" that pushes you forward. In Fishlike Freestyle, you swim with your whole body, instead of your arms and legs. We'll teach you to propel with a simple 2-beat kick, relaxed and rhythmic weight shifts, rather than arm-and-leg churning.
4. **Breathe easy** - We'll also teach you about breathing easily as you swim. No more breathlessness, no worries about choking. The air is free, take all you need.

SCHEDULE: Our schedule will be as follows (subject to minor revision):

***** Please not this workshop will be held outdoors unless weather prohibits *****

Saturday

9:00 - 9:15 Check-in in classroom
9:15 - 10:15 Orientation and foundational instruction (in the classroom)
10:30 - 12:30 1st underwater videotaping and group instruction in the pool.
12:30 - 1:30 Lunch (please bring a bag lunch)
1:30 - 3:00 Classroom workshop and review of video #1
3:15 - 4:45 Group instruction in the pool

Sunday

8:45 Locker rooms available
9:00 - 10:30 Group instruction in the pool.
10:30 - 11:30 Lunch (please bring a bag lunch.)
11:30 - 12:45 Classroom workshop
1:00 - 3:00 Group instruction in the pool and 2nd underwater videotaping
3:15 - 4:45 Classroom wrap-up and review of video #2

WHAT TO BRING:

For the classroom: Medical Release form & *Easy Freestyle Users Guide* that we send to you for download.

For the pool: An extra suit & towel if you want dry ones for the afternoon swim, an extra pair of goggles – mirrored goggles are best, but tinted would be good, too. Waterproof sun block, rash guard or sun shirt (if you burn easily), SPF lip protection. We recommend that male students wear a Speedo-type brief or close-fitting triathlon swim shorts, rather than loose-fitting swim trunks, which can make balance even more of a challenge.

DIRECTIONS: www.googlemaps.com – cut & paste the facility address to get there... 310 S.Racetrack Rd.,HendersonNV,89015

LODGING: www.travelocity.com www.orbitz.com www.expedia.com www.hotwire.com

TRANSFER / CANCELLATION POLICY: If a request to transfer is received 8 days or more prior to the workshop, a \$100.00 transfer fee per registration will be applied to a future workshop, and tuition fee will be applied to that workshop. NO REFUND will be issued for cancellations LESS THAN 8 days prior to the scheduled workshop unless a doctor's note can be provided. For cancellations at least 8 days prior to the scheduled workshop, participants have the option of transferring to another workshop (\$100.00 transfer fee) or a 50% refund (\$250/person). Please contact Kevin Millerick directly to discuss details and options kevin@swimtech.net or 303-818-4283.