



P.O. Box 370, New Paltz, NY 12561 • 800-609-7946 • (fax) 845-256-0658 www.totalimmersion.net

Dear Friend,

Thank you for registering for the Total Immersion, Inc. weekend workshop to be held **August 21-22, 2010** at the **Englewood Rec Center, 1155 W. Oxford Ave., Englewood, CO, 80110, 303-762-2680.**

BALANCE DUE: If you have a balance (adjusted for any applicable discounts), it is due prior to the start of the workshop. If you gave us a deposit by credit card, we will automatically charge the balance to your card one week prior to the camp date unless you call and cancel.

TRANSFER POLICY: Weekend workshops: If a request to transfer is received 8 days or more prior to the workshop, a \$100.00 transfer fee per person will be applied to a future workshop, and the deposit will be credited toward that workshop.

CANCELLATION POLICY: Weekend workshops: 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, any monies paid above the \$250 deposit will be refunded in full. The \$250 deposit per person remains non-refundable, but may be transferred to any future workshop within one year of initial registration.

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

Saturday		Sunday	
8:15	Check-in	8:15	Locker rooms available
8:30 - 9:15	Orientation (in the classroom)	8:30 - 10:00	Group instruction in the pool
9:30 - 11:30	1st underwater videotaping and group instruction in the pool	10:15 - 11:15	Lunch (Bring a bag lunch)
11:30 - 12:30	Lunch (Bring a bag lunch)	11:30-1:00	Classroom workshop
12:30-2:15	Classroom workshop and review of video #1	1:00 - 3:00	Group instruction in the pool and 2nd underwater videotaping
2:30-4:00	Group instruction in the pool	3:00- 4:00	Wrap-up and review of video #2 in the classroom

WHAT TO BRING:

For the classroom: Pre-Workshop pamphlet, pad and pen for note taking.

For the pool: An extra suit and towel if you want dry ones for the afternoon swim, an extra pair of goggles - just in case. 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.

What about fins? 'Kicking challenged' swimmers may find fins helpful in achieving ease, but since we began using the "TI Buddy System" in balance drills, the percentage of those choosing to wear fins has dropped from 30% to under 10% of a typical class. And most students move along pretty nicely, once we advance from balance drills, in which all propulsion comes from the kick, to "Switch" drills, in which core-body rotation provides most of your propulsion.

DIRECTIONS: **From the North & South:** Follow I-25, take exit 199, Belleview Ave. Take Belleview, going west, for approx. 5 miles to Santa Fe Ave./Route 85. Take Santa Fe, going north for approx. 1.5 miles to Oxford Ave. Turn right on Oxford, going through one light, then the second left into rec center parking lot.

From the West: Take I-70 to C-470 East. Take C-470 to Route 285 East. Take 285 East (turns into Hampden Ave.) to Santa Fe Ave./Route 85. Turn right, going south, to Oxford Ave. Turn left on Oxford, going through one light, then the second left into rec center parking lot.

From the East: Take I-70 East to I-225 South. Follow I-225 to I-25 South. Take I-25 South to exit 199, Belleview Ave. Follow North/South directions above.

LODGING: Try these online travel sites - www.orbitz.com, www.expedia.com, www.travelocity.com

QUESTIONS: Workshop Director, Kevin Millerick, www.swimtech.net, 303-818-4283.

Happy Laps,
Terry Laughlin