

MUTUAL OF OMAHA **BREAKout!** SWIM CLINIC

DREAM it. BELIEVE it. BREAKout!

Sign up for the Mutual of Omaha **BREAKout!** Swim Clinic *Hosted by:*
New England Swimming

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

Saturday, October 20, 2007

Seekonk High School Mayers Natatorium

261 Arcade Ave., Seekonk, MA 02771

1:00 - 5:00 PM Check-in begins at 12:30 PM

\$40/swimmer with a family discount of \$30 for ea additional

\$50/swimmer for registration after 10/13 or at the door.

For more information:

Call 781-449-0270 or E-Mail: office@neswim.com

Featuring



Neil Walker
Gold Medalist

Please use application form found on the
New England Swimming web site.