

MUTUAL OF OMAHA **BREAKout!** SWIM CLINIC

DREAM it. BELIEVE it. BREAKout!

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

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

Featuring



Gold Medalist



Gold Medalist



Gold Medalist

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.