

## Effortless Endurance Workshop

March 23, 2019 Fort Lauderdale, Florida

Location: Pine Island Pool, 3800 SW 92<sup>nd</sup> Ave, Davie FL 33305

Description: Learn the Total Immersion stroke mechanics that have transformed thousands with our Effortless Endurance class. With hands-on help in the water, multiple video recordings/review and a guaranteed student to coach ratio of no more than 5 to 1, you'll receive the best in personalized instruction. The class is led by 21-year TI veteran coach Gary Fahey.

Tuition: \$295

Payment type: Credit Card or personal check

Registration: Contact TI Senior Coach Gary Fahey at: 954-629-7724 / gary@strokedocswim.com or register online at:

<http://strokedocswim.com/index.php?page=events&id=56>

### SCHEDULE:

10-11 Classroom

11-12:45 Pool / Videotape

12:45-2:30 Classroom / Lunch (please bring a lunch) & Video analysis

2:30-4 Pool / Videotape

4-5 Video review / Wrap Up

For the classroom: Pad and pen for note taking. You may shoot video / images during class activities.

For the pool: Please bring swimsuit, goggles and towel. This is an outdoor pool so come prepared for full sun exposure. We suggest male students wear a Speedo-type brief or close-fitting triathlon swim shorts. 'Kicking challenged' swimmers may find fins helpful in achieving easy movement during the first water session.

Meals: Please pack a lunch. There are on-site vending machines for snacks and drinks.

Accommodations: Please contact lead coach Gary Fahey (954-629-7724 / [gary@strokedocswim.com](mailto:gary@strokedocswim.com) for assistance.)

Transfer/Cancellation Policy: 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 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).