

Total Immersion Effortless Endurance November 9, 2019, Fort Lauderdale, FL

Location: Pine Island Pool, 3800 SW 92nd Avenue Davie, FL 33328

Effortless Endurance: Learn the core TI stroke mechanics that have transformed thousands. Effortless Endurance sets the table for efficient swimming by developing proper alignment, balance and stroke timing. This builds a reliable foundation upon which we add core rotation, proper limb orientation/coordination, and breathing skills. Our carefully planned learning sequences ensure you'll make near-instant progress during the class. In only one day we guarantee you'll walk out a better, smarter swimmer. As with all of our courses, the coaches are in the water with you providing hands on help and instant feedback.

Tuition: Effortless Endurance (\$295)

Registration: Link: <http://strokedocswim.com/index.php?page=events>

Contact: TI Master Coach Gary Fahey at: 954-629-7724 / gary@strokedocswim.com

Saturday Nov 9: Effortless Endurance

10:00 - 11:00 Classroom

11:00 - 1:00 Pool Session I / Videotape

1:00 - 2:30 Classroom / Lunch (please bring a lunch) & Video analysis

2:30 - 4:00 Pool / Videotape

4:00 – 5:00 Classroom / Video Review

For the classroom: Pad and pen / device for note taking. All video files shot during the class will be uploaded to DropBox and available for viewing/download. Please pack lunch for Saturday and Sunday.

For the pool: This is an outdoor pool. Please bring swim suit, goggles, towel. Be prepared for full sun exposure (sun block, UV rashguard shirt,) We recommend students wear close-fitting swim suits rather than heavy, bulky attire.

Directions: Please enter the following address for GPS guidance: 3800 SW 92nd Ave, Davie FL 33328

Accommodations: Please contact Gary Fahey at gary@strokedocswim.com for suggestions on hotel accommodation.

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). Please contact Gary Fahey directly to discuss details and options.