

# Effortless Endurance Fort Lauderdale, FL

## February 11, 2018

Location: Pine Island Pool, 3800 SW 92<sup>nd</sup> Ave, Fort Lauderdale, FL 33324

Description: Learn the Total Immersion stroke mechanics that have transformed thousands with our Effortless Endurance class. With hands on help in the water and multiple video recordings/review, you'll be swimming better, easier and faster within minutes.

Staff: Master Coach Gary Fahey, an 18-year TI veteran, has led over 150 workshops across the US and internationally. Coach Fahey teaches swimming full time in Fort Lauderdale, FL through Stroke Doctor Swimming, providing lessons, clinics and year-round training opportunities for recreational and competitive swimmers. His athletes include nationally ranked age group swimmers, high school all-Americans and sprint to ultra-distance triathletes.

What You'll Learn: We set the table for efficient swimming by developing proper alignment and balance in the water. This builds a reliable foundation upon which we add core rotation, proper limb orientation/movements, and breathing skills. Our carefully planned learning sequences ensure you'll make near-instant progress during the class, guaranteeing you walk out a better, smarter swimmer. We also teach you how to effectively self-coach, from managing focal points to writing successful practices. You'll learn how to make every trip to the pool an opportunity to refine your skills and swim with sustainable efficiency.

The Power of Video: We'll shoot three rounds of video to diagnose your key issues, monitor your progress through each water session and demonstrate clear, unequivocal improvement over the course of our day. That includes above and below the surface footage from multiple angles, expertly analyzed and notated in the classroom. All files are shared via DropBox.

Tuition: Effortless Endurance (\$295)

Payment type: Online payment, credit card, 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>

Schedule: (Subject to minor revision)

10:00 – 11:00	Classroom / Orientation
11:00 - 12:45	Pool session 1
12:45 - 2:30	Classroom / Lunch / Video analysis
2:30 - 4:00	Pool session 2
4:00 - 5:00	Classroom / Video Review

For the classroom: Device for note taking. You may shoot video or snap photos during the classroom sessions to facilitate understanding and retention.

For the pool: Please bring swimsuit, goggles and towel. Male students should wear a Speedo-type brief or close-fitting triathlon swim shorts. This is an outdoor pool so come prepared for full sun exposure (sunblock, hat, sunglasses, perhaps UV swim shirt or rashguard.)

Meals: Please pack a lunch. Bagels and coffee provided.

Accommodations: Please contact Gary Fahey at 954-629-7724 for suggestions.

Directions: Enter this address into your GPS navigation system: 3800 SW 92 Avenue, Fort Lauderdale FL 33324

Transfer/Cancellation Policy: If a request to transfer is received 8 days or more prior to the workshop, a \$50.00 transfer fee per person will be applied to a future workshop, and tuition fee will be applied to that workshop. For cancellations at least 8 days prior to the scheduled workshop, participants have the option of transferring to another workshop (\$50.00 transfer fee) or a 50% refund (\$147.50).