

## Total Immersion St Petersburg | Effortless Endurance & Smart Speed | May 11-12, 2019

**Location:** North Shore Pool, 901 N. Shore Drive, St. Petersburg, FL 33701

**Saturday, May 11: Effortless Endurance:** Learn the core TI stroke mechanics that have transformed thousands. Effortless Endurance sets the table for efficient swimming by developing proper alignment and balance. This builds a reliable foundation to add core rotation, proper limb orientation and breathing skills. Our thoughtfully planned sequences ensure you'll make rapid progress. You'll walk out a better, smarter swimmer. Coaches are in the water with you to provide hands on help and instant feedback.

**Sunday, May 12: Smart Speed:** We refine the mechanics learned on Saturday with clear practice strategies to consolidate the various stroke components into effective whole stroke swimming. Learn to structure your pool sessions and build efficiency-reinforcing focal points into each lap. Every practice becomes an investment in skill acquisition, endurance and speed. We'll dive into the metrics of tempo and stroke length to teach you how to generate and sustain velocity.

**Video Sharing:** All student video will be shared via the online storage service DropBox. File size is managed to ensure total capacity fits within the complimentary DropBox membership limitations.

**Tuition:** Full Weekend \$495; Single Day \$295

**Registration:** Link: <http://strokedocswim.com/index.php?page=events&id=39>

**Contact:** TI Master Coach Gary Fahey at: 954-629-7724 / [gary@strokedocswim.com](mailto:gary@strokedocswim.com)

### Saturday Schedule:

8:30 - 9:30 Classroom

9:30 - 11:00 Pool Session / Video

11:00 - 1:00 Classroom / Lunch & Video analysis

1:00 - 3:00 Pool Session / Video

3:00 - 4:00 Classroom / Video Review

### Sunday Schedule:

8:00 - 10:00: Pool Session / Video

10:00 - 12:00 Classroom / Lunch & Video Analysis

12:00 - 2:00 Pool Session / Video

2:00 - 3:00 Video Analysis / Wrap-up

**Classroom:** Pad and pen for note taking. Please pack a lunch for Saturday. We provide lunch on Sunday. A full sized refrigerator is available to store food items. Beverages are available for purchase on premises.

**Pool attire/equipment:** This is a heated outdoor pool. Please bring swimsuit, goggles and towel. Plan for full sun exposure (sun block/UV swim wear.)

**Directions:** Please enter the following address into a search engine for your vehicle's navigation system: North Shore Pool, 901 North Shore Drive NE, St. Petersburg, FL 33701.

**Accommodations:** Please contact Gary Fahey for recommendations.

**Cancellation / Transfer Policy:** \$100.00 transfer fee per person will be applied to a future class and tuition applied to that course. No refund will be issued for cancellations less than 8 days prior to the scheduled class unless a doctor's note can be provided. For cancellations at least 8 days prior to the scheduled class participants have the option of transferring to another workshop (\$100.00 transfer fee) or a 50% refund. Please contact Gary Fahey directly to discuss details and options.