

BreakOut! Swim Clinic



Bringing you the biggest names, for the best prices, with Gold Medal Service!

DREAM it. BELIEVE it. **BREAKout!**

Get ready for the BreakOut! Swim Clinic hosted by:

Town of Castle Rock & 4x Olympian JASON LEZAK

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
- ✗ Autographs and photos are free

For details, visit breakoutswimclinic.com.

Parents are welcome!

Event Information

Friday June 14, 2019

Butterfield Park Pool

3952 Butterfield Crossing Drive, Castle Rock, CO

Includes in water teaching, q&a, autographs & pictures!

11&older 8:30am-10:30am

10&under 10:00am-12:00pm

Will cover free, back, starts, turns, motivation & more!

Featuring



Gold Medalist and USA Captain

JASON "The Anchor" LEZAK

Fastest Split ever w :46.06 in WR 4x100FR

Learn and Swim with World Record Holder -- JASON "The Legend" LEZAK!

Registration is only \$50!

Don't miss this chance to experience instruction from the greatest relay swimmer of all time!

Improve on your starts, turns, bodyline, catch and more!

Register Today!

Don't miss this special clinic!

8:30am-9:00am autographs & pics 11&older

9:00am-10:00am water instruction 11&older

10:00am-10:30am talk with all kids & parents

10:30am-11:30am water instruction 10&under

11:30am-12:00pm autographs & pics 10&under