



Swim Smarter, Better, and Faster

Total Immersion Trial

- See for yourself what TI is all about!
- Experience a two-hour introduction to TI with Instructor George Randall.
- Improve your stroke, swimming efficiency and swim times
- Learn techniques that will help you swim smarter, faster and better!



During the clinic you'll learn the three foundation skills of effortless distance swimming:

- **Balance and Stability:** Become 'weightless' by learning to cooperate with gravity instead of fighting it. Learning balance transforms struggle into smoothness and calms churning legs. It also brings the body control and mental calm necessary to learn every skill that follows.
- **Sleek and Slippery:** Learn to move through water, rather than move it around, by shaping your body to be longer, better aligned, more hydrodynamic; and Stroking in ways that minimize waves and turbulence. Slippery swimming means that you travel farther and easier on each stroke.
- **Whole Body Propulsion:** Replace churning with effortless power by connecting arm and leg actions to rhythmic, relaxed weight shifts initiated in the core. Instead of generating muscular force you'll direct 'available' forces of body mass and gravity.

What you will take away?

- The tools to work on a transformed stroke that will let you swim from a mile to a marathon and feel energized afterward.
- The knowledge and awareness to begin a path of continuous improvement (we call it Kaizen) that can continue for decades.
- You'll enjoy swimming as never before. And the more you enjoy, the more you'll practice and the more you'll improve.

Two Hour Workshop • Pool and Studio Training

March 15 • 7PM - 9PM

\$30 (Special Discounted Trial TI Rate)

Register at the Front Desk or visit:

worcesterfitness.com/total-immersion-swimming