



⇒ **MULTI-SPORT ATHLETES** ⇒ **FITNESS SWIMMERS** ⇒ **COMPETITIVE SWIMMERS**
Come prepared to swim FASTER, train SMARTER, and HAVE FUN!

If **SPEED – COMFORT – CONFIDENCE – EFFICIENCY** is what you're looking for these **COACHED** swim practices will teach you how to intelligently integrate speed & endurance into your training routines without compromising form and efficiency. Our coaches will provide specialized workout plans, conditioning and stroke development drills, goal setting, and individualized instruction. All adult swimmers (18 and over) dedicated to improving their overall fitness, health and wellness through swimming are invited to participate! ***"Don't just swim, swim SMART!"***

SEPTEMBER 6 – DECEMBER 30

74 TOTAL SCHEDULED PRACTICES
POOL CLOSED SEPT. 26 – OCTOBER 24

MONDAY / WEDNESDAY / FRIDAY MORNINGS
6:00 – 7:30 AM

TUESDAY / THURSDAY EVENINGS
8:00 – 9:00 PM

"SUPER SATURDAYS"
12:00 – 1:30 PM

TECH-TUESDAYS – Interested in improving your stroke mechanics and technique? Want to further develop your skills in all 4 competitive strokes? Join us for "Tech Tuesday's." A few lanes will be specifically devoted to stroke technique and improvement, starts, turns and finishes.

SUPER SATURDAYS – Triathletes! Join us for an optional easy run prior to swim practice. Meet in the parking lot at 11:00am. All levels welcome!

BONUS! Finis Inc., the worldwide leader in technical swimming development has partnered with Liquid Lifestyles to provide you with the unique opportunity to swim with some of the best training tools available today! We will incorporate a variety of these patented products in our workout design to improve your technique, develop body awareness and increase power! Email notifications will be sent so you don't miss out on these unique training opportunities.

ABOUT OUR COACHES:

LEAH NYIKES, head coach and founder of Liquid Lifestyles Swimming, has been coaching swimmers and multi-sport athletes for over 14 years. As the Regional Director for Total Immersion for the past 7 years Leah has independently operated swimming programs across the country using the sound principles of biomechanics to teach swimmers how to work less, save energy, and build intelligent speed. Leah has trained thousands of swimmers, including elite Ironman finalists, top-ranked age-group swimmers, Navy Seals, and developing swimmers at all levels.

JULIE WEAVER, of Liquid Lifestyles Swimming, is an experienced Division 1 collegiate swimmer, multi-sport athlete and personal trainer. She was the head swim coach for a masters team in Seattle, WA for 4 years, growing the program to over 100 participants. Julie has assisted at countless workshops and has been a private swim coach for over 5 years working with all levels of swimmers with a variety of goals.

*** Both of our coaches are available for private instruction – for schedules, locations and rates visit us online @ www.LiquidLifestyles.com**

NORTH OLMSTED REC. CENTER / 6 Lane – 25 yd indoor / outdoor pool: 26000 Lorain Road, North Olmsted, OH 44070 / p. 440-716-4248 (Located behind Olive Garden) All swimmers are required to check in at the front desk prior to each practice and present their unique "swim pass card". Participation with Liquid Lifestyles Masters permits non-member use of pool and locker room facilities only. Please sign in with coach at each practice.

For additional swimming opportunities visit: www.LiquidLifestyles.com

LIQUID N' DURANCE MASTERSNORTH OLMSTED REC. CENTER
FALL/WINTER 2011

Mail completed form with payment to: Liquid Lifestyles, Inc. • P.O. Box 40268 • Bay Village • OH • 44140

TO BE COMPLETED BY PARTICIPANT: (PLEASE PRINT CLEARLY)

<input type="text"/>		<input type="text"/>	
PARTICIPANT'S NAME		DATE OF BIRTH	
<input type="text"/>		<input type="text"/>	
STREET		CITY / STATE / ZIP CODE	
<input type="text"/>	<input type="text"/>	<input type="text"/>	
PHONE 1	PHONE 2	EMAIL ADDRESS	

**SPONSORED BY O*H*I*O MASTERS**

All participants must be registered with United States Masters Swimming and a current member of the OHIO Masters Swim Club to participate. If you do not have a 2011 USMS # go to: www.OhioMasters.com and click "join the team." Membership fee: \$45/year – includes health and liability insurance for each planned swim workout as well as a monthly subscription to Masters Swimming Magazine. Program costs vary depending on location.

REQUIRED 2011 USMS #

PLEASE SELECT PAYMENT OPTION:	GENERAL REGISTRATION	* SPONSORED TEAMS
SINGLE SESSION	<input type="checkbox"/> \$10 (drop-in fee)	
20 SESSION PASS	<input type="checkbox"/> \$170 (\$8.50/session)	<input type="checkbox"/> \$130 (\$6.50/session)
UNLIMITED PASS	<input type="checkbox"/> \$405 (\$5.50/session)	<input type="checkbox"/> \$330 (\$4.50/session)

* Liquid Lifestyles Swimming is a proud sponsor of the Cleveland Triathlon Club, Team In Training Northern Ohio Chapter, Spin / Second Sole Multisport Team and Grunt Girls Racing. Special discounted rates are available for all currently registered participants. Please select affiliation below when registering (if applicable).

CLEVELAND TRI CLUB _____ (Member ID #) TEAM IN TRAINING SSSMST GRUNT GIRLS

EMERGENCY CONTACT INFORMATION:

<input type="text"/>		<input type="text"/>	
EMERGENCY CONTACT		RELATIONSHIP	
<input type="text"/>	<input type="text"/>	<input type="text"/>	
CONTACT PHONE	PRIMARY CARE PHYSICIAN	PHYSICIAN'S PHONE NUMBER	

PLEASE LIST ANY KNOW HEALTH PROBLEMS, INCLUDING ALL ALLERGIES AND CURRENT MEDICATIONS

RELEASE FORM LIABILITY:

I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all risks inherent in competitive swimming including possible permanent disability and death and agree to assume all risks. As a condition of my participation in the Liquid Lifestyles clinics or any program activities thereto, I hereby waive and release Liquid Lifestyles, its officers, agents or employees, host facilities or any individuals supervising the clinic program from any and all rights, claims for losses or damages of any kind, arising directly or indirectly, from my participation including, but not limited to, all claims for injury, loss or damages caused by the negligence whether active or passive in nature.

<input type="text"/>	<input type="text"/>
DATE	PARTICIPANT'S SIGNATURE