

## Freestyle Weekend Workshop

March 24th & March 25th, 2012

**LOCATION:** The Springfield Jewish Community Center, 1160 Dickinson Street, Springfield, MA.

**TUITION:** \$495.00

**PAYMENT:** Credit Card/ PayPal or Check

**REGISTRATION:** [CLICK HERE](#) to register or call 413 567-8518 or email [cathyadams@verizon.net](mailto:cathyadams@verizon.net).

**CONTACT:** For more information, please contact TI Coach Cathy Adams at 413 567-8518 or [cathyadams@verizon.net](mailto:cathyadams@verizon.net).

**DESCRIPTION:** Swim better, faster and easier! This two day program includes both pool and classroom sessions and will give you the tools you need to be a more efficient swimmer.

**SCHEDULE:** Our schedule will be as follows (subject to minor revision):

### SATURDAY

8:00 – 9:15 am	Check-in and Orientation (Classroom)
9:30 – 11:00am	First Pool Session (includes 15 min for videotaping swimmers)
11:00 am – 12:00 pm	Lunch break
12:00 – 1:45 pm	Classroom workshop
2:00 – 3:30 pm	Second Pool Session

### SUNDAY

7:45 am	Locker Rooms available
8:00 – 9:30 am	Third Pool Session
9:45 – 10:45 am	Classroom workshop
10:45 – 11:30 am	Lunch
11:30 am – 12:15 pm	Classroom
12:30 – 2:00 pm	Final pool session (includes 15 min for videotaping swimmers)
2:30 – 4:00 pm	Final video analysis followed by departure.

### WHAT TO BRING:

**For the classroom:** Pad and pen for note taking.

**For the pool:** An extra suit and towel if you want dry ones for the afternoon swim, an extra pair of goggles – just in case, towel(s), water bottle and a lunch, if you don't want to go out to purchase lunch. We recommend that male students wear a Speedo-type brief or close-fitting triathlon swim shorts, rather than loose-fitting swim trunks, which can make balance even more of a challenge. What about fins? 'Kicking challenged' swimmers may find fins helpful in achieving ease. However, once we advance from balance drills, in which all propulsion comes from the kick, to "Switch" drills, in which core-body rotation provides most of your propulsion, most swimmers move along without a problem.

### DIRECTIONS:

**From Vt, NH:** Take Rte 91S to Springfield, MA.

**From the Berkshires and NY:** Take the Mass Pike to Exit 4. After the toll booth, take Rte 91S toward Springfield.

**From the Boston Area:** Take the Mass Pike to Exit 6, Springfield. After the toll booth, at the light make a left onto Rte 291. You will be on Rte 291 for a few miles and then there will be signs showing a split in Rte 291, follow the signs to Hartford, Ct., Rte 91 South, which will bear to the right. Rte 291 will merge into Rte 91S.

**From all directions:** Once on Rte 91S, as you go past Springfield, the city will be to your left, get into the middle lane as the road will narrow into two lanes. Follow to Exit 1, Longmeadow. When you exit at Exit 1, go up the ramp, bear to the left around the curve and follow the sign that says "Longmeadow". Once you've gone around the curve, stay in the right lane, go straight through to the 3rd traffic light. Take a left onto Converse St. Go straight through the next traffic light. The JCC is 1.3 miles on the left. The sign will say "Harold Grinspoon Jewish Community Campus".

**From CT:** Take Rt. 91 North to Exit 49 – Longmeadow; Take a right off the ramp onto Rt. 5N Longmeadow St. Follow Longmeadow St., approximately 3.5 miles and through 9 sets of lights. Make a right onto Converse St. at the last light. Once on Converse St, go straight through the next traffic light. The JCC is 1.3 miles on the left. The sign will say the "Harold Grinspoon Jewish Community Campus".

**LODGING:** For those who live beyond commuting distance, we recommend the Holiday Inn, 1 Bright Meadow Boulevard, Enfield, CT 06082 (860) 741-2211 and the Hilton Garden Inn Springfield, 800 West Columbus Avenue, Springfield, MA 01105 (413) 886-8000 (located on the grounds of the Basketball Hall of Fame).

**FRIENDS AND FAMILY DISCOUNT: \$ 4 4 5** - Students are encouraged to take a workshop with a friend or family member and receive a 10% discount for each participant!

**ALUMNI REFRESHER: \$ 4 4 5** - for weekend refresher/ **\$ 2 2 5** for Sunday refresher.

**CANCELLATIONS:** Weekend workshops: NO REFUND will be issued for cancellations LESS THAN 8 days prior to the scheduled workshop unless a doctor's note can be provided. For cancellations at least 8 days prior to the scheduled workshop, any monies paid above the \$250 deposit will be refunded in full. The \$250 deposit per person remains non-refundable, but may be transferred to any future workshop within one year of initial registration.

**TRANSFERS:** Those wishing to transfer their tuition from one workshop to another may do so. A transfer fee of \$100 will be applied. Transfer requests must be made no less than eight (8) days prior to the start of the originally scheduled workshop. Requests for transfers will be denied if less than the required eight (8) days notice is given.