

# Chicago

75 Winners!!!

AUGUST 2006

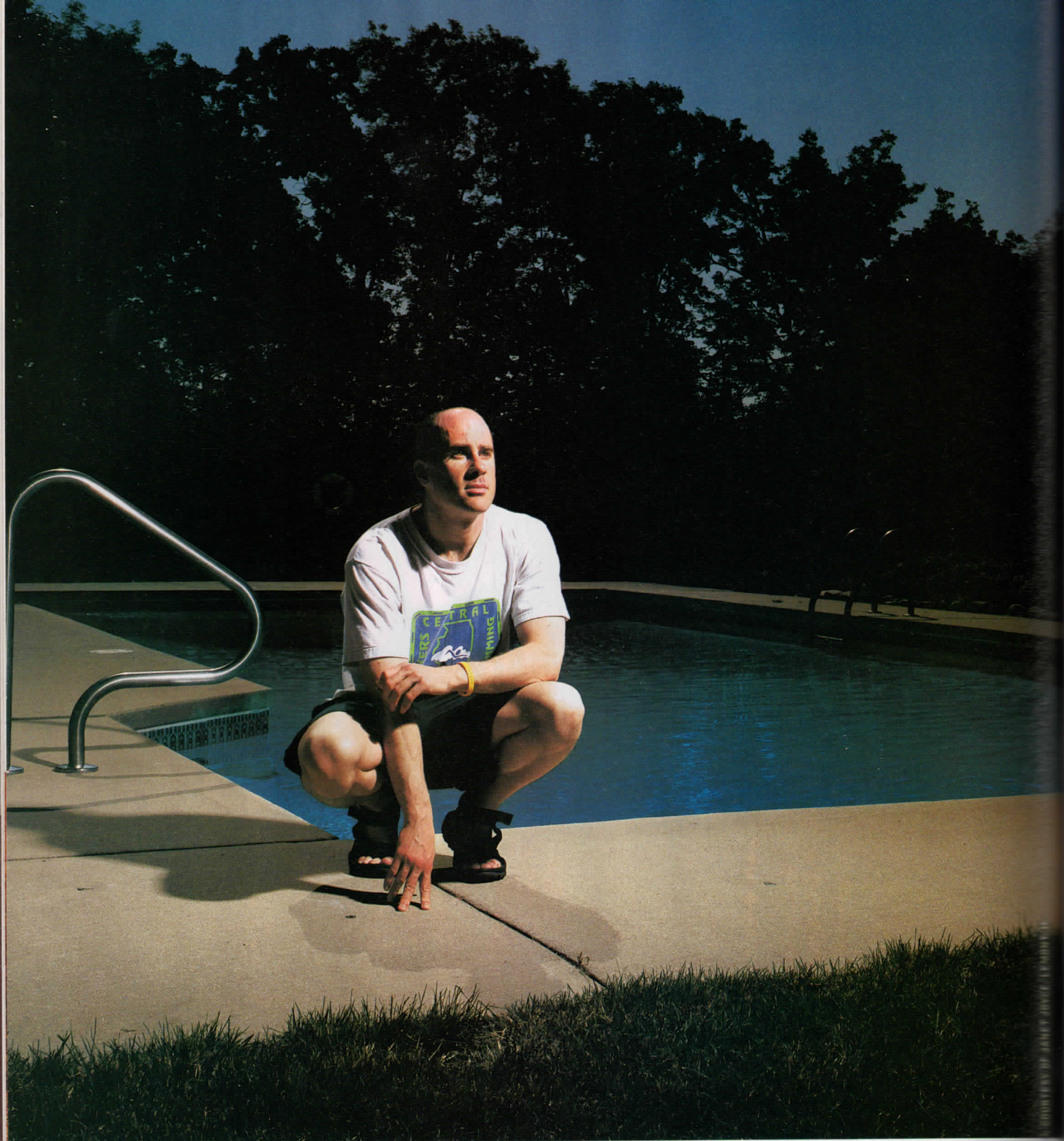


**of Chicago**

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## SWIM INSTRUCTOR **JOHN FITZPATRICK**

A competitive swimmer for 25 years, John Fitzpatrick doesn't want you to swim better; he wants you to swim like a fish. Operating as Blue Dolphin Studio—which consists of himself and a small group of assistants—Fitzpatrick has been running large group classes, private lessons, and advanced clinics for triathletes for the past five years from the pool at the University of Illinois at Chicago; in June, he opened a studio at 2220 North Elston Avenue (773-251-5308). His focus on mechanics is legendary among the city's swim fanatics who know him; they say that Fitzpatrick is able to make the micro adjustments that translate into huge efficiency gains in the water. "Swimming is a movement art more akin to dance or martial arts than something like running," says Fitzpatrick, 35. "Our goal is to always make you feel like you're flowing."

  
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