



Faster Freestyle Workshop with Hall of Fame Swimmer and coach Karlyn Pipes!

Swim technique workshop with before/after video analysis

Sat. Oct. 20th from 2:00-6:00 PM **or** Sun. Oct. 21st from 10:00-2:00 PM

Hosted by: CRUNCH Gym in Carlsbad

Stop working so hard! In one session Karlyn will teach you how to:

- Swim **FASTER** with less effort...right away
- To relax, breathe effectively and swim straighter
- Become more self-aware so you can "fix" your own stroke
- See yourself swim with TWO videotaping sessions -before and after - with review
- Learn the techniques used by **Karlyn, top triathletes and Olympians**

Location: CRUNCH, 6215 El Camino Real, Carlsbad, CA 92009 (760) 603-9190

About Karlyn: Drawing upon over 40 years of teaching experience coupled with high energy, Karlyn will deliver a fun and fast paced clinic. Using easy to understand and APPLY drills and skills you will become a **FASTER SWIMMER** right away! For more about Karlyn, articles on technique and motivation, and YouTube videos demonstrating her technique please visit www.Karlynpipes.com or <http://aquaticedge.org/>

Cost is \$195 Space is limited. Register Online at <http://aquaticedge.org/registerNow.php>

Questions: e-mail karlynpipes@gmail.com last minute sign-ups may be available! 808 756-0195

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First Name: _____ Last _____

Address _____ City _____ State _____ Zip _____

Phone: () _____ Email _____

Emergency contact info: _____

Age: _____ Level of swimming: beginner intermediate masters multi-sport

Please identify one goal for the clinic: _____

Cost: \$195 Pre-order Karlyn's instructional DVD for \$30 (save \$10!)

Total: \$ _____