



Faster Freestyle with Coach Karlyn Pipes!

Swim technique workshop with before/after video analysis

Sat. March 17th from 1:00-5:00 PM or Sun. March 18th from 10:00-2:00 PM

Hosted by: Health Club of Concord, New Hampshire

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: The Health Club of Concord, 10 Garvin Falls Road, Concord, NH 603-224-7787

About Karlyn: Drawing upon over 35 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 for new registrants/\$175 for returning clients. Space is limited 10! Register Online at <http://aquaticedge.org/registerNow.php> or see instructions below.

Questions: e-mail karlynpipes@gmail.com or call 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 new client \$195 returning client Pre-order Karlyn's instructional DVD for \$30 (save \$10!) Total: \$ _____

If paying by check, please email FIRST to confirm spot then send check payable to Karlyn Pipes to:
Laurie Voke 730 Boxford St North Andover, MA 01845