



# Faster Freestyle Swim Clinic

With Masters World Record Holder Karlyn Pipes

Sunday, March 25<sup>th</sup> from 9:00am - 12noon

Hosted by: New Jersey LMSC

Are you tired of working so hard to swim so SLOW? Wouldn't you rather...

- Swim faster with less effort?
- Relax, find your balance and not sink?
- Effectively breathe in any condition?
- Become more comfortable in the water?

Then this clinic may be JUST for you! Using easy to understand drills and techniques, Karlyn will teach you how to become a faster more efficient swimmer in just one clinic.

**Location:** Somerset Hills YMCA 140 Mt. Airy Road Basking Ridge, NJ 07920

**About Karlyn:** Lives in Kona, Hawaii and is known world-wide for being an accomplished swimmer having set over 220 FINA Masters World records to date and in 2015 was inducted into the International Swimming Hall of Fame. However, she is equally as talented as an instructor and travels the world using her high energy to deliver a fun and informative clinic woven with personal experience.

**This clinic is being offered at a substantial discount from Karlyn and further subsidized by the NJ LMSC so that your cost is only \$50!!! This is an amazing opportunity for the members of our NJ LMSC!! Space is limited to only 30 swimmers in each clinic session, so sign up early! If you sign up for BOTH Faster Freestyle and the MultiStroke Clinic, then your cost is \$75.**

You can register by sending the completed form with check made payable to "NJ LMSC" to: **Susan Kirk 11 Waldon Road Califon, NJ 07830**

For any questions about the clinic email Susan Kirk: [sqkirk@gmail.com](mailto:sqkirk@gmail.com)

**Pre-order** Karlyn's *Go Swim Instructional* DVD & pay only \$30 or purchase at clinic for \$40

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**Faster Freestyle Clinic: Sunday, March 25, 2018** from 9:00am-12noon at Somerset Hills YMCA

First Name: \_\_\_\_\_ Last \_\_\_\_\_ Age: \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

☎ Phone: (     ) \_\_\_\_\_ Email \_\_\_\_\_ 2018 USMS # \_\_\_\_\_

Emergency contact info: \_\_\_\_\_

Please identify one goal for the clinic: \_\_\_\_\_

Cost:  \$50 :  \$75 (both clinics)  Pre-order Karlyn's Instructional DVD for \$30 (save \$10!) Total \_\_\_\_\_

**Send check payable to "NJ LMSC" to: Susan Kirk 11 Waldon Road Califon, NJ 07830**