



Multi-Stroke Clinic with Coach Karlyn Pipes

Yes, you DO need to know how to do the “other strokes”

Thursday, April 13th 5:30-8:30 PM Mountain Brook YMCA-Birmingham, AL

WHY a triathlete needs to know how to swim back, breast and fly:

- Variety in training...freestyle is just plain boring day-in and day-out!
- Using the “other strokes” allows your freestyle muscles to take a break
- Breaststroke kick is great for bike and run RECOVERY
- Since your “other strokes” probably suck, you’ll improve and get faster right away!

Location: Mountain Brook YMCA, 2401 20th Place, South Birmingham, AL 24 PH: 205.445.2825

About Karlyn: Inducted into the International Swimming Hall of Fame in 2015, Karlyn draws upon over 35 years of teaching experience coupled with her high energy to deliver a fun and fast paced clinic. You will “get it” 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 \$95 for YMCA or Vulcan Tri-Club member, \$115 all others. Hurry, space is limited! Attend both the Freestyle and Multi-stroke workshops and receive a **FREE copy of Karlyn’s GoSwim DVD (\$40 value).**

Register at <http://aquaticedge.org/registerNow.php> ONLINE REGISTRATION PREFERRED. To register by mail, send completed form with check made out to Karlyn Pipes to: Swim Clinic C/O Sophia Lal, 4612 Amberley Drive Birmingham, AL 35242 or hand deliver to Sophia.

Pre-order Karlyn’s **new book The Do-Over for \$15 (save \$5)** or purchase at clinic for \$20

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Karlyn Pipes Multi-Stroke Workshop Thurs. April 13th 5:30-8:30 PM in B-ham, AL

First Name: _____ Last _____

Address _____ City _____ State _____ Zip _____

☎ Phone: () _____ Email _____

Emergency contact info: _____

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

Cost: \$95 Y and Vulcan Tri \$125 all others Pre-order Karlyn’s Book \$15 (save \$5) Total: _____

Register ONLINE, mail (or hand deliver) form & with check to:
Swim Clinic C/O Sophia Lal, 4612 Amberley Drive, Birmingham, AL 35242.