



Faster Freestyle with Coach Karlyn Pipes!

Swim technique workshop with before/after video analysis

Saturday, April 1st from 1:00-5:00 PM Health Club of Concord, NH

Stop working so hard to swim slow! 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
 - Learn to LOVE THE WATER!
- 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 Garvins Falls Road, Concord, NH 603-224-7787

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 is \$195. Space is limited 10! Register Online at <http://aquaticedge.org/registerNow.php> **ONLY if you are registering by mail, send an email FIRST** to confirm a spot the mail form/payment with check made out to Karlyn Pipes to: Laurie Voke 730 Boxford St North Andover, MA 01845

Questions: e-mail aquaticedge@hawaii.rr.com or call 808 756-0195

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

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Aquatic Edge Faster Freestyle Workshop w/video on Sat. April 1st from 1:00-5:00 PM

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 per person Pre-order Karlyn's instructional DVD for \$30 (save \$10!) Total: \$ _____

Send check payable to Karlyn Pipes to: Laurie Voke 730 Boxford St North Andover, MA 01845