



Faster Freestyle with Coach Karlyn Pipes!

Swim technique workshop for triathletes & swimmers – all levels

Sunday, April 2nd from 4:00-7:00 PM at East Lyme HS, CT

Stop working so hard to swim slow! Karlyn will teach you how to:

- Swim with less effort and A LOT faster...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!***

Using easy to understand drills and techniques Karlyn will show you how you can become a faster and more efficient swimmer...in just one evening.

Location: East Lyme High School pool, 30 Chesterfield Drive, East Lyme, CT 06333

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 \$125 for adults, \$95 for youths 10-18. Register at <http://aquaticedge.org/registerNow.php> mail to address above or hand deliver to Brandon Biaondi at pool with check payable to **Aquatic Edge.**

Pre-order Karlyn's book ***The Do-Over for \$15 (save \$5), and/or her Go Swim DVD for \$30 (save \$10)*** or purchase autographed copies at clinic. For questions contact Karlyn aquaticedge@hawaii.rr.com

✂----- Keep top portion -----✂----- Keep top portion -----✂-----

Aquatic Edge Faster Freestyle workshop on Sunday, April 2nd from 4-7 PM in East Lyme, CT

First Name: _____ Last _____

Address _____ City _____ State _____ Zip _____

Phone: () _____ Email _____

Emergency contact info: _____

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

Goal for the clinic: _____

Cost: \$125 Pre-order Karlyn's book add \$15 (save \$5) and/or DVD add \$30 (save \$10). Total: \$ _____

Register ONLINE <http://aquaticedge.org/registerNow.php> or mail with check to AQUATICS @ address above