



# **FASTER FREESTYLE WORKSHOP in Ft Worth, TX**

**With Coach Karlyn Pipes on Monday, Oct. 22<sup>nd</sup> from 6:00-9:00 PM**

**Are you tired of working so hard to swim so SLOW? How would you like to...**

- **Swim with less effort and A LOT faster...right away**
- **Learn how to relax, breathe effectively and swim straighter**
- **Become more self-aware so you can "fix" your own stroke**

*Using easy to understand drills and techniques, Karlyn will teach you how to become a FASTER, more efficient swimmer...in just one evening.*

**Hosted by:** Amon G. Carter Jr. Downtown YMCA, 512 Lamar St. Forth Worth, TX 76102

**About Karlyn:** Hall of Fame swimmer Karlyn Pipes loves helping swimmer and triathletes of any age ability learn how to swim faster with less effort. Keeping the language simple and using examples found in any aquatic environment, you will get it right away! For more visit [www.Karlynpipes.com](http://www.Karlynpipes.com) and <https://www.youtube.com/channel/UCNozSUnZ1jO1553iL2BCVMQ/videos>

Cost: \$125 (\$25 goes back to the YMCA). **Register at <https://www.active.com/fort-worth-tx/water-sports/swimming-clinics/karlyn-pipes-faster-freestyle-workshop-in-fort-worth-texas-2018>** Questions contact [Karlynpipes@gmail.com](mailto:Karlynpipes@gmail.com) or [Jkochman@ymcafw.org](mailto:Jkochman@ymcafw.org)

Sign up ONLINE or you may also complete form with check made payable to AQUATIC EDGE (not the Y) and hand deliver to: Sports and Aquatics Director Jerry Kochman at the Amon G. Carter Y.

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*Faster Freestyle Workshop at Amon G. Carter Jr. YMCA, Ft Worth Mon. Oct. 22<sup>nd</sup> 6-9 PM*

First Name \_\_\_\_\_ Last \_\_\_\_\_

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

Phone: (    ) \_\_\_\_\_ Email \_\_\_\_\_

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

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

\$125  \$140 to Pre-order Karlyn's book The Do-Over (save \$5) Total \$ \_\_\_\_\_

**Register at <https://www.active.com/fort-worth-tx/water-sports/swimming-clinics/karlyn-pipes-faster-freestyle-workshop-in-fort-worth-texas-2018>**