



Faster Freestyle with Coach Karlyn Pipes!

Swim technique workshop with before/after video analysis

Saturday, November 11th from 3:00-7:00 PM at the Mt Tam Racquet Club in Larkspur

Stop working so hard to swim slowly! 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: Mt. Tam Racquet Club, One Larkspur Plaza Drive Larkspur, CA, 94939 (415) 924-6226

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: \$195 or \$175 for Mt. Tam members. Hurry, space is limited to 10. Sign up online at <http://aquaticedge.org/registerNow.php> For any questions about the clinic email Karlyn aquaticedge@hawaii.rr.com

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

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First Name _____ Last _____

Address _____ City _____ State _____ Zip _____

Phone: () _____ Email _____

Emergency contact info: _____

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

Please identify one goal for the clinic: _____

Cost: \$175 for Mt Tam Club members \$195 non-members Pre-order Karlyn's DVD @ \$30 (save \$10)

Hand deliver completed form and a check made out to Aquatic Edge to: Tish Borden or Judy Eiseman at the club