



FASTER FREESTYLE WORKSHOP

with COACH KARLYN PIPES from Kona, Hawaii

At Life Time Athletic King of Prussia in Wayne, PA

How would you like to...

- ***Swim faster with less effort?***
- ***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 clinic.

When: Tuesday, March 27th 6:00-9:00 PM (water time apprx. 1:45 hours)

Hosted by: Life Time Athletic, 700 E. Swedesford Rd. Wayne, PA 19087

About Karlyn: Drawing on over 40 years of teaching experience coupled with high energy, Karlyn will deliver a fun and fast paced workshop to help you to become a FASTER SWIMMER right away!

Check out Karlyn's webpage karlynpipes.com and her YouTube channel for more <https://www.youtube.com/channel/UCNozSUnZ1jO1553iL2BCVMQ/videos>

This workshop is subsidized by Life Time Fitness saving you \$30! Cost is \$95 (NORMALLY \$125). Non-club members will need pay a \$35 drop in fee at front desk.

Online Registration only at <http://aquaticedge.org/registerNow.php>.

For all questions contact Karlyn karlynpipes@gmail.com or call (808) 756-0195