



## **FASTER FREESTYLE WORKSHOP** *With COACH*

***Karlyn Pipes – watch her videos on YouTube***

<https://www.youtube.com/channel/UCNozSUnZ1jO1553iL2BCVMQ/videos>

***At Nassau County Aquatic Center on LI, New York  
Friday, March 23rd 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 that 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.*

**Location:** Nassau County Aquatic Center, Eisenhower Park, East Meadow, NY 11554

**About Karlyn:** Drawing upon over 40 years of teaching experience coupled with high energy, Karlyn will deliver a fun and fast paced clinic. Using easy to understand drills and skills you will become a FASTER SWIMMER right away! For more about Karlyn, articles on technique and motivation, and YouTube videos please visit [www.Karlynpipes.com](http://www.Karlynpipes.com) or <http://aquaticedge.org/>

Cost: \$125, \$115 for returning clients **Register** <http://aquaticedge.org/registerNow.php>.

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

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*Faster Freestyle Workshop @ Eisenhower Park, Long Island Friday, March 23<sup>rd</sup> 6-9 PM*

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

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

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

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

\$125 adults  \$115 returning client. Pre-order book \$15 (save \$5) and/or DVD add \$30 (save \$10).

Register online <http://aquaticedge.org/registerNow.php>