

Faster Freestyle Swim Clinic

With World-Class Swim Coach Karlyn Pipes

Wednesday, June 6th from 6:00-9:00 PM

at Burgess Park Pool, Menlo Park CA

Are you tired of working hard but not getting any faster?

Do you get confused when it comes to swimming technique?

Wouldn't it be great if someone could simplify the process so you can figure "it" out without having to spending a whole weekend, lot of money by or earning a Ph.D.?

Then Hall of Fame swimmer Karlyn Pipes of Aquatic Edge would love to help!

Karlyn has two philosophies 1) keep it simple and 2) find a cure the "disease" don't just treat the symptom. Consequently, she is a master at breaking down some of the more challenging aspects of swimming technique into simple, useful and easy to understand terms that can be applied to any level of swimmer or triathlete, from novice to elite.

Using a variety of examples found in any aquatic environment and keeping the language simple, Karlyn delivers a fun and fast paced workshop designed to help swimmers and triathletes of any age or ability swim faster with less effort. After just one clinic you will experience measurable improvement

Cost is \$115 for Menlo Masters or Team Sheeper and \$125 for all others. Hurry, space is limited. For tips on swimming, please visit www.aquaticedge.org

Even if you have attended one of Karlyn's workshops before, please come again so you can make even more progress! For workshop questions, karlynpipes@gmail.com

Please register at:

<https://clients.mindbodyonline.com/launch>

Please set up an account or be a guest, then SEARCH for Menlo Swim and Sport, SELECT Clinics and register for the FASTER FREESTYLE workshop from there.

Karlyn

Your suggestions have made a huge difference! My times have improved almost 10% since attending the Faster Freestyle workshop. Of course it's easier to improve when you are finally learning how to swim the right technique at 53 years old! I am constantly working on "crushing the box", and swimming like I am on a surfboard.

Today I swam a personal lifetime best for 1000 yards, improving since I met you by 1 minute, from 16 minutes to 15 minutes. That's still pretty slow I know, so there is still quite a bit of room for improvement! No doubt you can improve my technique so I can improve another 10% by next summer. Regards, Jeff Kobic - Ross, CA