



Faster Freestyle with Coach Karlyn Pipes!

A swim technique workshop for triathletes & swimmers – all levels

Monday, April 3rd from 6:00-9:00 at Woodruff Family YMCA in Milford, CT

Stop working so hard to swim so slowly! In one evening Karlyn will teach you 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!***

Location: Woodruff Family YMCA, 631 Orange Ave, Milford, CT 06461

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 \$95 for YMCA members and youths 10-18, \$125 all others. Hand deliver to Jerry Kochman at the pool with check payable to **Aquatic Edge** or Register at <http://aquaticedge.org/registerNow.php>

Pre-order Karlyn’s **book *The Do-Over* for \$15 (save \$5)** or purchase at clinic for \$20

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Karlyn Pipes Faster Freestyle Workshop Mon. April 3rd from 6:00-9:00 PM
at the Woodruff Family YMCA in Milford, CT

First Name: _____ Last _____

Address _____ City _____ State _____ Zip _____

☎ Phone: () _____ Email _____

Emergency contact info: _____

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

Cost: \$95 Y members and youths 10-18 (with coaches permission) \$125 non-Y members

Pre-order Karlyn’s Book \$15 (save \$5) Total: _____

Register ONLINE, via mail, or hand deliver form & with check to:
Coach Jerry Kochman, Woodruff Family YMCA, 631 Orange Ave, Milford, CT 06461