



Faster Freestyle Swim Technique Workshop

Oualie Beach, Nevis - Caribbean

with Hall of Fame Swimmer Karlyn Pipes - Author of The Do-Over

Thursday, March 23rd OR Friday, March 24th from 9:00-12:00 noon

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 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.

About Karlyn: Has been teaching swimmers and triathletes how to SWIM FASTER with less effort for over thirty years! After just one workshop, you WILL love the water and experience improvements right away. For articles on better technique & videos of Karlyn visit <http://aquaticedge.org/>

Cost is \$95 or \$75 if you are participating in the Cross Channel. Register Online at <http://aquaticedge.org/registerNow.php>

Pre-order Karlyn's book **The Do-Over for \$15 (save \$5) Questions? karlynpipes@gmail.com**

First Name _____ Last _____

Address _____ City _____ State _____ Zip _____

Phone: () _____ Email _____

Emergency contact info: _____

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

Please identify one goal for the clinic: _____

\$95 \$75 if doing race. Pre-order book \$15 (save \$5) and/or DVD add \$30 (save \$10). Total \$ _____

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