



FASTER FREESTYLE WORKSHOP in RI!

With COACH Karlyn Pipes – watch her videos on YouTube

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

Tuesday, March 20th from 6:00-9:00 PM

Hosted by: PODS Swimming East Providence, RI

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.

Location/address: PODS, 111 Commercial Way, East Providence, RI 02914 (401) 337-5678

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 and APPLY 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 or <http://aquaticedge.org/>

Cost is \$125 and \$95 youths 10-18. <http://aquaticedge.org/registerNow.php>

To register online or by mail with check made out to Aquatic Edge and send to:
Laurie Voke – Swim Workshop 730 Boxford Street, North Andover, MA 01845

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.

✂-----
Faster Freestyle Workshop @ PODS Swimming, Tuesday, Mar. 20th 6-9 PM

First Name _____ Last _____

Address _____ City _____ State _____ Zip _____

Phone: () _____ Email _____

Emergency contact info: _____

Please identify one goal for the clinic: _____

\$125 adults \$95 youths 10-18 Pre-order book \$15 (save \$5) and/or DVD add \$30 (save \$10). Total \$ _____