



FASTER FREESTYLE WORKSHOP

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 Provincetown, 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: \$125 **Register online** <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

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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 \$ _____

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