



FASTER FREESTYLE WORKSHOP-Rehoboth Beach, DE

Thursday, March 29th from 6:00-9:00 PM

With Coach Karlyn Pipes – Check out her YouTube channel

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

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.

Sponsored by: Sussex Family YMCA, 20080 Church St. Rehoboth Beach, DE (302) 296-9622

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 www.Karlynpipes.com

Cost: \$95 for Y members, \$110 if you are not a member of a Y

Online Register at <http://aquaticedge.org/registerNow.php>. Hurry, space is limited!

Questions contact Jackie Cooper at runcycle@live.com or Karlynpipes@gmail.com

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First Name _____ Last _____

Address _____ City _____ State _____ Zip _____

Phone: () _____ Email _____

Emergency contact info: _____

Please identify one goal for the clinic: _____

\$95 Y Members \$110 all others. Pre-order Karlyn’s book The Do-Over for \$15 (save \$5) Total \$ _____

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