



FASTER FREESTYLE WORKSHOP in Salisbury, MD

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.

Date: Wednesday, March 28th from 6:00-9:00 PM

Hosted by: YMCA of the Chesapeake and Mid Shore Y-Tri. Event held at the Richard A Henson YMCA, 715 S. Schumaker Dr. Salisbury, MD 21804 (410) 749-0101

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, \$125 non. **Register** <http://aquaticedge.org/registerNow.php>. Pre-order Karlyn’s book **The Do-Over for \$15 (save \$5)**

For questions contact Mike Lahey at milahey67@gmail.com or Karlynpipes@gmail.com

✂-----
Mid Shore Y-Tri Faster Freestyle Workshop @ Salisbury, MD Wed. March 28th from 6:00-9:00 PM

First Name _____ Last _____

Address _____ City _____ State _____ Zip _____

Phone: () _____ Email _____

Emergency contact info: _____

Please identify one goal for the clinic: _____

\$95 YMCA Members \$125 all others Pre-order Karlyn’s book The Do-Over for \$15 (save \$5) Total \$_____ Register online <http://aquaticedge.org/registerNow.php>