



# ***Faster Freestyle with Coach Karlyn Pipes!***

## ***Swim technique workshop with before/after video analysis***

***Saturday, June 9<sup>th</sup> from 12 noon to 4:00 PM in San Anselmo, CA***

*Stop working so hard! In one session Karlyn will teach you how to:*

- Swim FASTER with less effort...right away*
  - To relax, breathe effectively and swim straighter*
  - Become more self-aware so you can "fix" your own stroke*
- See yourself swim with TWO videotaping sessions -before and after - with review
  - Learn the techniques used by **Karlyn, top triathletes and Olympians**

**Location:** 1327 Sir Francis Drake Blvd. San Anselmo, CA 94960

**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 demonstrating her technique please visit [www.Karlynpipes.com](http://www.Karlynpipes.com) or <http://aquaticedge.org/>

**Cost is \$195 for new registrants/\$175 for returning clients. HURRY!** Space is limited 10!  
Register Online at <http://aquaticedge.org/registerNow.php>

**Questions:** e-mail [karlynpipes@gmail.com](mailto:karlynpipes@gmail.com) or call 808 756-0195

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Faster Freestyle w/video Saturday, June 9<sup>th</sup> from 12 noon to 4:00 PM in San Anselmo, CA

First Name: \_\_\_\_\_ Last \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone: (    ) \_\_\_\_\_ Email \_\_\_\_\_

Emergency contact info: \_\_\_\_\_

Age: \_\_\_\_\_ Level of swimming:     beginner     intermediate     masters     multi-sport

Please identify one goal for the clinic: \_\_\_\_\_

Cost:  \$195 new client     \$175 returning client     Pre-order Karlyn's instructional DVD for \$30 (save \$10!)

Total: \$ \_\_\_\_\_