



Faster Freestyle with Coach Karlyn Pipes!

Saturday, March 31st from 2:00-5:00 PM in Severna Park, MD
(due to limited pool hours, this workshop does not offer video analysis)

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*

Location: Severna Park Community Pool, 623 Baltimore Annapolis Blvd. Severna Park, MD 21146

About Karlyn: Drawing upon over 35 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 or <http://aquaticedge.org/>

Cost is \$125 for new registrants/\$115 for returning clients. HURRY! Register Online at <http://aquaticedge.org/registerNow.php>

Questions: e-mail karlynpipes@gmail.com or call 808 756-0195

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Faster Freestyle Workshop Saturday, March 31st 2:00-5:00 PM Severna Park, MD

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: \$125 new client \$115 returning client Pre-order Karlyn's instructional DVD for \$30 (save \$10!)

Total: \$ _____