



Faster Freestyle with Coach Karlyn Pipes!

Swim technique workshop with before/after video analysis

Saturday, March 31st from 9:30-1:30 PM in Severna Park, MD

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: 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 \$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 or call 808 756-0195

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Faster Freestyle w/video Saturday, March 31st 9:30-1:30 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: \$195 new client \$175 returning client Pre-order Karlyn's instructional DVD for \$30 (save \$10!)

Total: \$ _____