



ST PAUL'S Barnes Swimming Club
ST. PAUL'S SCHOOL
WORKING IN PARTNERSHIP
WITH LONDON SWIMMING



Swimming Technique Master Class

*Delivered by 2009 World Masters Swimmer of the Year
Karlyn Pipes-Neilsen*

**April 10th and 11th 2010
St. Paul's School, London, SW13 9JT**

Do you want to improve your technique? Or swim faster with LESS effort?

[London Swimming](#) is proud to be offering a series of four Aquatic Edge FASTER FREESTYLE master classes featuring the following:

- See yourself swim with two videotaping sessions -before and after - with review
- Learn the techniques used by Karlyn, top triathletes and Olympians
- The teaching methods used are simple and easy to understand
- After just one clinic you will swim faster with LESS effort
- Training tips and recovery suggestions will also be provided
- Small class size...only 12 participants!

The goal of the workshop is to provide a positive and fun learning environment while teaching people of all ages how to swim faster with less effort. Great for swimmers and multi-sport athletes of ANY age or ability. Karlyn's teaching style is high energy, interactive, and woven with personal experience. Karlyn also likes to keep it simple using a variety of examples found in **any** aquatic environment.

***"Swimming should be fun, and with her sunny enthusiasm, Karlyn made the clinic great fun. At the same time her instructions were clear and informative, and easy to follow. I thoroughly enjoyed the day"* Jane Asher (Masters World Champion)**

Karlyn Pipes-Neilsen: To date, Karlyn has set over 200 FINA Masters World records, at least one in every stroke. She is the 2009, 2008, 2007 and 2004 World Masters Swimmer of the Year. In 2007 she was inducted into the International Masters Swimming Hall of Fame. Karlyn is also an long distance and open-water record holder.

There are only four sessions available. Hurry! Space is limited to 12 and these will fill up fast!

- Saturday, Aril 10th from 900 – 1330
- Saturday, April 10th from 1400 - 1830
- Sunday, April 11th from 900 - 1330
- Sunday, April 11th from 1400 - 1830

Cost £90 or £115 when you pre-order Karlyn's GO SWIM FREESTYLE DVD (save £5)

To reserve a place, please email Joanna.calvino@swimming.org

For content questions, visit www.aquaticedge.org or email Karlyn at aquaticedge@hawaii.rr.com

You may book directly at this link which will take you the London Swimming website.

<http://www.londonswimming.org.uk/masterclass/freestyle-master-class>

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