



# Faster Freestyle Swim Clinic with Video

**World Record Holder Karlyn Pipes-Neilsen in Pasadena, Maryland**

Tuesday, May 1st from 5:00-9:30 PM at Big Vanilla in Pasadena, MD

**Are you tired of working so hard to swim so SLOW? Wouldn't you rather...**

- **Swim faster with less effort?**
- **Relax, find your balance and not sink?**
- **Effectively breathe in any condition?**
- **Become more comfortable in the water?**

*Then this clinic may be JUST for you! Using easy to understand drills and techniques, Karlyn will teach you how to become a faster, more efficient swimmer in just one clinic.*

- See yourself swim with TWO videotaping sessions -before and after - with review
- Learn the techniques used by **Karlyn, top triathletes and Olympians**

**Location:** Big Vanilla Athletic Club, 26 Magothy Beach Rd./ Route 100, Pasadena, MD 410-437-4242

**About Karlyn:** Lives in Kona, Hawaii and travels the WORLD teaching swimmers and triathletes how to SWIM FASTER. While Karlyn is known for being an accomplished swimmer with over 208 masters world records set to date, she is equally as talented as an instructor and uses her high energy to deliver a fun and face paced clinic. The drills and techniques are simple, easy to understand and make sense...you will "GET IT" after just one clinic. For great articles on technique or to watch FREE YouTube videos of Karlyn demonstrating open water techniques or a "high elbow catch" visit <http://aquaticedge.org/>

**Cost is \$185.** Space is limited! Register Online at <http://aquaticedge.org/registerNow.php> **ONLY if you are registering by mail, send an email FIRST** to confirm a spot then mail form/payment with check made out to Karlyn Pipes-Neilsen to: Nancy Brown, 424 Riverside Dr. Pasadena, MD 21122.

**Questions:** e-mail [aquaticedge@hawaii.rr.com](mailto:aquaticedge@hawaii.rr.com) or call 808 756-0195

Pre-order Karlyn's *GO SWIM Instructional* DVD & pay only \$30 or purchase at the clinic for \$40

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Aquatic Edge Faster Freestyle Clinic w/video Tues. May 1<sup>st</sup> at Big Vanilla- Pasadena, 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:  \$185 per person  Pre-order Karlyn's Freestyle DVD for \$30 (save \$10!) Total: \$ \_\_\_\_\_

Send check payable to **Karlyn Pipes-Neilsen** to: Nancy Brown, 424 Riverside Dr. Pasadena, MD 21122.