



# Faster Freestyle Swim Clinic with Video

With Multiple Masters World Record Holder Karlyn Pipes-Neilsen

Thursday, March 18<sup>th</sup> or Tuesday, March 23<sup>rd</sup> from 5:00-9:30 PM

Karlyn travels the world teaching people how to **swim FASTER with less effort!**

The benefits to taking an Aquatic Edge clinic are many:

- **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

**Dates:** Thursday, March 18<sup>th</sup> or Tuesday, March 23<sup>rd</sup> from 5:00-9:30 PM

**Location:** The Racquet Club of Concord, 10 Garvins Falls Road, Concord, NH 603-224-7787

**Karlyn Pipes-Neilsen:** Regarded as one of the best swimmers in the world, Karlyn is 2009, 2008, 2007 & 2004 World Masters Swimmer of the Year, 2007 inductee into the Int'l Masters Swimming Hall of Fame and since 1993 has set over 200+ Masters World records. For great articles on technique, motivation & training or for a BIO on Karlyn visit [www.aquaticedge.org](http://www.aquaticedge.org)

**Cost is \$135. Hurry, space is limited to 12! Register online at [www.aquaticedge.org](http://www.aquaticedge.org)** and click on "clinic registration." To register by mail, email FIRST to secure your spot, then mail completed form with check made payable to: "Karlyn Pipes-Neilsen" to: Concord Freestyle Clinic 77-6479 Kilohana St. Kailua-Kona, Hawaii, 96740. Questions? Email Karlyn [aquaticedge@hawaii.rr.com](mailto:aquaticedge@hawaii.rr.com) Last minute spots may be open. Call Karlyn at 808 756-0195

**Pre-order** Karlyn's **Go Swim Freestyle** DVD ([goswim.tv](http://goswim.tv)) and pay only \$35 or purchase @ clinic for \$40

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Aquatic Edge Faster Freestyle Clinic w/video at Racquet Club of Concord

Thursday, March 18<sup>th</sup>     Tuesday, March 23<sup>rd</sup>     Either date is fine...let me know!

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:  \$135 per person     Pre-order Karlyn's Freestyle DVD for \$35 (save \$5!)    Total: \$ \_\_\_\_\_

Postmarked 3/12/10 send check payable to Karlyn Pipes-Neilsen to:

Concord Freestyle Clinic, 77-6479 Kilohana St. Kailua-Kona, Hawaii, 96740