



Faster Freestyle Swim Clinic with Video

*with World Record Holder Karlyn Pipes-Neilsen at Mt. Tam Racquet Club
Thursday, Aug. 12th from 5:00-9:30 PM or Saturday, August 14th from 2:00-6:30 PM*

Are you tired of working so hard to swim so slow?

How would YOU like 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



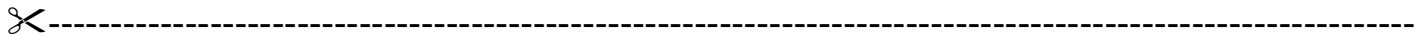
Location: Mt. Tam Racquet Club, One Larkspur Plaza Drive Larkspur, CA, 94939 (415) 924-6226

Karlyn Pipes-Neilsen: Lives in Kona, Hawaii and is known world-wide for being an accomplished swimmer having set over 200 masters world records to date. However, she is equally as talented as an instructor and uses her high energy to deliver a fun and face paced clinic woven with personal experience. The drills and technique she teaches are simple, easy to understand and makes total sense. After just one clinic you will be a FASTER and more efficient swimmer!!

Cost is \$135 Hurry, space is limited 12! Register Online at <http://aquaticedge.org/registerNow.php>
Or, if registering by mail, email me FIRST to secure your spot then send completed form with payment to: Karlyn Pipes-Neilsen Mt. Tam CLINIC, 77-6479 Kilohana St. Kailua-Kona, Hawaii, 96740.

Questions: e-mail aquaticedge@hawaii.rr.com or call 808 756-0195

Pre-order Karlyn's **Go Swim Freestyle** DVD and pay only \$35, or purchase at clinic for \$40



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First Name _____ Last _____

Address _____ City _____ State _____ Zip _____

Phone: () _____ Email _____

Emergency contact info: _____

Age(s): _____ Level of swimming: beginner intermediate masters multi-sport

Please identify one goal for the clinic: _____

Cost: \$135 Pre-order Karlyn's DVD @ \$35 (save \$5) Amount enclosed: _____

To secure your spot, register online OR email FIRST then send completed form & a check payable to Karlyn Pipes-Neilsen- MT TAM swim clinic, 77-6479 Kilohana St. Kailua-Kona, Hawaii, 96740