



Faster Freestyle Swim Clinic with Video

With Multiple Masters World Record Holder Karlyn Pipes-Neilsen

Thursday, March 4th from 5:30-9:30 PM @ East Valley Family YMCA North Hollywood

*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

Date: Thursday, March 4th from 5:30-9:30 PM

Location: East Valley Family YMCA in North Hollywood
5142 Tujunga Ave, North Hollywood, CA 91601 Phone: 818-763-5126

Karlyn Pipes-Neilsen: Regarded as one of the best swimmers in the world, Karlyn is the 2009, 2008, 2007 & 2004 World Masters Swimmer of the Year, was inducted 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 written by Karlyn visit www.aquaticedge.org

Cost is \$135. Hurry, space is limited to 12! Register online at www.aquaticedge.org and click on "clinic registration." To register by mail, email FIRST to secure your spot then mail completed form by 2/28/10 with check made payable to: "Karlyn Pipes-Neilsen" to: 77-6479 Kilohana St. Kailua-Kona, Hawaii, 96740 Questions? Email Karlyn aquaticedge@hawaii.rr.com

Last minute sign-ups may be available...call Karlyn at 808 756-0195

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

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Aquatic Edge Faster Freestyle Clinic w/video Thursday, March 4th from 5:30-9:30 PM

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

Postmarked 2/28/10 send check payable to Karlyn Pipes-Neilsen to:
YMCA Swim Clinic, 77-6479 Kilohana St. Kailua-Kona, Hawaii, 96740