



# Faster Freestyle Swim Clinic with Video

with World Record Holder Karlyn Pipes-Neilsen

Thursday, Aug. 19th from 5:00-9:30 pm at SPORTS WEST Athletic Club in RENO, NV

**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:** Sports West Athletic Club 1575 S. Virginia St. Reno, Nevada 89509

**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 [www.aquaticedge.org](http://www.aquaticedge.org)

If registering by mail, email us FIRST to secure your spot then send completed form with payment to: Karlyn Pipes-Neilsen RENO CLINIC, 77-6479 Kilohana St. Kailua-Kona, Hawaii, 96740.

**Questions:** e-mail [aquaticedge@hawaii.rr.com](mailto: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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Faster Freestyle Clinic with video @ Sports West Athletic Club Thurs. Aug. 19<sup>th</sup> from 5-9:30 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  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- RENO swim clinic, 77-6479 Kilohana St. Kailua-Kona, Hawaii, 96740

