



# Faster Freestyle Swim Clinic

with Multiple World Record Holder Karlyn Pipes-Neilsen

**PNA Sponsored Clinic-March 7 Evans Pool at Green Lake**  
**Clinic # 1—8:30am-11:30 pm Freestyle Clinic without Video**  
**Clinic # 2—12 noon-4:30 pm Freestyle Clinic with Video**

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

The benefits to taking an Aquatic Edge clinic are many:

- 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
- Learn the fastest way to flip turn!

The video clinic also includes two videotaping sessions -before and after - with review

**Location/address:** Evans Pool is located at 7201 East Green Lake Dr N. Seattle, WA 98115

**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, has been 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](http://www.aquaticedge.org)

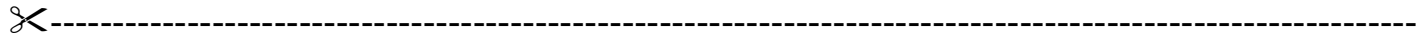
**Cost: Clinic # 1 (without Video): \$95**

**Clinic # 2 (with Video) \$135.**

Bring suit, towel, sweats, etc., so you're comfortable in and out of the water. Swim fins are a big help during the drill session, so bring them if you have them. Snacks served at the clinic.

**How to register:** Mail **Registration form and check made out to PNA to: PNA c/o Sarah Welch**, P. O Box 12172 Seattle, WA 98102-0172. Contact Sarah at [sarahwelch@comcast.net](mailto:sarahwelch@comcast.net) or call 206-359-2588 for space availability or questions. For clinic questions email Karlyn at [aquaticedge@hawaii.rr.com](mailto:aquaticedge@hawaii.rr.com) Space is limited. **Postmark determines first come, first served.** (Please do not phone to reserve a space). Hurry! Sarah will confirm your registration by email.

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



**Aquatic Edge Faster Freestyle Clinics (PNA Sanction # C-20101)**

First Name \_\_\_\_\_ Last \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone: (    ) \_\_\_\_\_ Email \_\_\_\_\_

Emergency contact Name: \_\_\_\_\_ Phone(    ) \_\_\_\_\_

USMS Reg. Number\*: \_\_\_\_\_ Swim Level:  beginner  intermediate  masters  multi-sport

Please identify one goal for the clinic: \_\_\_\_\_

Please note your clinic preference 1<sup>st</sup> or 2<sup>nd</sup> priority in the box by Clinic #1 or # 2. Total your costs and include a check made out to PNA.

**Clinic # 1 \$95 w/out video**  **Clinic #2 \$135 with video**  **add \$35 for Karlyn's Go Swim Freestyle DVD (save \$5!)** Total enclosed: \$ \_\_\_\_\_

\*Swimmers must have a USMS registration number or apply for a one day registration at the clinic for \$20.