



Faster Freestyle Swim Clinic w/Video

With World Record Holder Karlyn Pipes-Neilsen at The Workout Club

Monday, March 30th from 5:00 – 9:00 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 experience immediate results
- Training tips and recovery suggestions will also be provided

Date: Monday, March 30th from 5:00 – 9:00 PM

Location: The Workout Club, 16 Pelham Rd. Salem, NH 03079

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

Cost is \$135. Hurry, **Space is limited to 12.** Register online at www.aquaticedge.org OR email FIRST to confirm a spot & mail form/payment to: Aquatic Edge Laurie Voke 730 Boxford St North Andover, MA 01845. Questions? 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 and pay only \$35 or purchase @ clinic for \$40

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Faster Freestyle Clinic @ The Workout Club, Salem NH - Monday, March 30th from 5:00 – 9:00 PM

First Name (s) _____ 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 pp if postmarked Pre-order Karlyn's Freestyle DVD for \$35 (save \$5!)

Send check (made payable to Karlyn Pipes-Neilsen) and form to: Laurie Voke 730 Boxford St North Andover, MA 01845