



Swim Technique Clinics in Yuba City, CA

with Masters World Record Holder Karlyn Pipes-Neilsen

Faster Freestyle: Monday, Aug. 23rd from 5:00-8:00 PM

Multi-Stroke: back, breast and fly: Tuesday, August 24th from 5:00-8:00 PM

Learn Karlyn's **SECRETS** to swimming **FASTER** with less effort!

The benefits to taking an Aquatic Edge clinic are many:

- Learn the techniques used **by Karlyn and current Olympians**
- The teaching methods used are **simple** and make sense
- **Yes, there is an EASIER way to swim the fly, back and breast**
- Training tips and recovery suggestions will also be provided

Where: Gauche Aquatic Park (GAP), 421 C Street, Yuba City, CA 95991

Karlyn Pipes-Neilsen: Regarded as one of the best swimmers in the world, Karlyn has set a FINA World record in *every stroke*. She is also the 2009, 2008, 2007 & 2004 World Masters Swimmer of the Year, 2007 inductee into the International Masters Swimming Hall of Fame. To read some of Karlyn's swim technique articles or for a complete BIO visit **www.aquaticedge.org**

Hurry! Space is limited! Cost is \$95 if postmarked by Monday, August 16th. Cost increases to \$105 if postmarked after August 16th. Two ways to register. Save a few bucks by mailing registration form along with check made payable to Karlyn Pipes-Neilsen and send to: Merry Finch, 9255 Armstrong Rd, Marysville, CA 95901 cell number: 530 713-3132

Or register online at <http://aquaticedge.org/registerNow.php>

Questions about **space** availability, please contact Karlyn aquaticedge@hawaii.rr.com

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

✂-----
Aquatic Edge Swim Technique Clinics @ Gauche Aquatic Park in Yuba City, CA from 5:00-8:00 PM

Freestyle Clinic – Mon. Aug. 23rd Multi-stroke clinic –Tues. Aug. 24th Both FREE & Multi-stroke clinics

First Name _____ Last _____

Address _____ City _____ State _____ Zip _____

Phone: () _____ Email _____

Emergency contact info: _____

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

Please identify one goal for the clinic: _____

\$95 per clinic \$105 if postmarked after August 16th add \$35 for Karlyn's Freestyle DVD (save \$5!)

Total enclosed: _____ Checks made payable to Karlyn Pipes-Neilsen. Send or give to: Merry Finch, 9255 Armstrong Rd, Marysville, CA 95901 (530) 713-3132 cell