



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

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 or call 206-359-2588 for space availability or questions. For clinic questions email Karlyn at 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) and pay only \$35 or purchase @ clinic for \$40

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Faster Freestyle Clinic (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 1st or 2nd 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.