



Faster Freestyle Swim Technique Clinic

Hall of Fame Swimmer Karlyn Pipes - Author of The Do-Over

Tuesday, May 17th from 5:30-8:30 PM in Bath Area Family YMCA

FREE inspirational talk on Monday, May 16th from 8:00-9:00 PM

Are you tired of working so hard to swim so SLOW? How would you like to...

- ***Swim with less effort and A LOT faster...right away***
- ***Learn how to relax, breathe effectively and swim straighter***
- ***Become more self-aware so you can "fix" your own stroke***

Using FUN and easy to understand drills and techniques, Karlyn will teach you how to become a faster, and more efficient swimmer in just one clinic.

Location/address: Bath Area Family YMCA, 303 Centre St., Bath ME 04530 (207) 443-4112

About Karlyn: Inducted into the International Swimming Hall of Fame Class of 2015, Karlyn travels the WORLD teaching swimmers and triathletes how to SWIM FASTER with less effort. Feel and see improvements right away! For articles on technique & videos of Karlyn visit <http://aquaticedge.org/>

Cost is \$125 & space is limited. Register at front desk or hand deliver form and payment to Sean Vaillancourt. For questions or space availability, call (207) 443-4112 or email sean@bathymca.org

Pre-order Karlyn's book ***The Do-Over*** for \$15 (save \$5) and her ***Go Swim DVD*** for \$30 (save \$10)

or purchase autographed copies at clinic. For questions contact Karlyn aquaticedge@hawaii.rr.com ✂-----

Aquatic Edge Swim Technique Clinic @ Bath Area Family YMCA Tues. May 17 from 5:30-8:30 PM

First Name _____ Last _____

Address _____ City _____ State _____ Zip _____

Phone: () _____ Email _____

Emergency contact info: _____

Age: _____ Level of swimming: beginner intermediate advanced Multi-sport

Please identify one goal for the clinic: _____

Cost: \$125 Pre-order Karlyn's book add \$15 (save \$5) and/or DVD add \$30 (save \$10). Total: \$ _____