



Freestyle Swim Clinic with Video

with World Record Holder Karlyn Pipes-Neilsen in Bellevue, WA

Two dates! Thursday July 26th, 5:00-9:30pm OR Sunday July 29, 8:00am- 12:30pm

Yes, you can become a FASTER swimmer...right now! Wouldn't you rather...

- **Swim faster with less effort?**
- **Relax, find your balance and not sink?**
- **Effectively breathe in any condition?**
- **Become more comfortable in the water?**

Then this clinic is just for YOU. The benefits to taking an Aquatic Edge clinic are many:

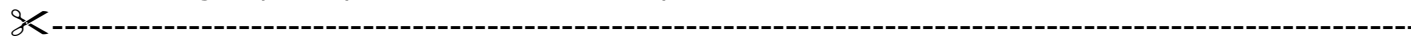
- See yourself swim with TWO videotaping sessions -before and after - with review
- Learn the techniques used by **Karlyn, top triathletes and Olympians**
- The teaching methods presented are **SIMPLE**, easy to understand and apply

Location: Bellevue Club [11200 Southeast Sixth Street, Bellevue, WA 98004](#) 425-455-1616

About Karlyn: Lives in Kona, Hawaii and is known world-wide for being an accomplished swimmer having set over 208 masters world records to date. However, she is equally as talented as an instructor and uses her high energy to deliver a fun and fast paced clinic. The drills and techniques are simple, fun and makes sense. Watch FREE YouTube videos of Karlyn demonstrating great swimming technique as well as the "high elbow catch" she will be teaching you <http://aquaticedge.org/>

Cost is \$165 for Bellevue Club members, \$195 for non-members. Hurry, space is limited 12 (youths 11 or older). US Masters swimming registration is required. For day of event registration available add \$20. Sign up online at <http://aquaticedge.org/registerNow.php> If registering by mail, send form and payment to address below. For any questions about the clinic email Karlyn aquaticedge@hawaii.rr.com or Sarah Welch, PNA Clinic Coordinator at sarahwelch@comcast.net

Last minute sign-ups may be available! Call Karlyn at 808 756-0195.



Faster Freestyle Clinic with video at the Bellevue Athletic Club, WA

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First Name _____ Last _____

Address _____ City _____ State _____ Zip _____

Phone: () _____ Email _____

Emergency contact info: _____ USMS Reg. #: _____

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

Please identify one goal for the clinic: _____

Cost: \$165 for Bellevue Club members \$195 for non-members \$20 USMS registration for one-day event

Amount enclosed: _____ Make checks payable to Aquatic Edge

Register online, hand deliver or mail paper entry form to:

Melissa Stepp, Aquatics Director, Bellevue Club 11200 Southeast Sixth Street, Bellevue, WA 98004