



Faster Freestyle Swim Clinic w/Video

With Masters World Record Holder Karlyn Pipes-Neilsen

Sunday, November 1st 8:00 am-12:30 Kourey Natatorium at UNC Chapel Hill

Hosted: by UNC Masters and Inside Out Sport

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 **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

Location: Kourey Natatorium at UNC, Skipper Bowles Drive, Chapel Hill NC, 27515

Karlyn Pipes-Neilsen: Regarded as one of the best swimmers in the world, Karlyn is 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 complete BIO on Karlyn visit www.aquaticedge.org

Cost is \$135 or \$125 for UNC Masters swimmers, Triangle Multi-sport/Insideout Sports Team. Hurry! Space is limited to 12. Complete form and mail with check made payable to: "Karlyn Pipes-Neilsen" to Alex M. McDonald, 2209 Albany Street, Durham, NC 27705

For space availability alexmmtri@gmail.com 919.699.6593

Questions about the clinic? Email Karlyn aquaticedge@hawaii.rr.com or call 808 756-0195

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

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Freestyle clinic Sun. Nov. 1st 8:00 am-12:30 Kourey Natatorium at UNC

First Name: _____ 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 \$125 UNC Masters, Triangle/Inside Out Tri team Add \$35 to pre-order Karlyn's Freestyle DVD

Send form with checks payable to Karlyn Pipes-Neilsen to: 2209 Albany St. Durham, NC 27705