

Two Swimming Clinics on One Day!

With Masters World Record Holder Karlyn Pipes
Saturday, February 22, 2014



Hosted by the Coal Creek
& Bellevue Family YMCAs
& DBST Masters



Faster Freestyle Swim Clinic

1:00 – 4:00 p.m. @ Coal Creek Y

Are you tired of working so hard to swim so SLOW?

Wouldn't you rather...

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

Then this clinic may be JUST for you!
Karlyn uses easy to understand drills and techniques to teach you how to become a faster, efficient freestyle swimmer **in just one clinic!**

Multi-Stroke Swim Clinic (Back, Breast and Fly)

5:30 – 8:30 p.m. @ Bellevue Y
13250 Bel-Red Rd, Bellevue, WA 98007

Learn the EASY way to swim BACK, BREAST & oh-so-hard Butterfly!

- The teaching methods Karlyn uses are **simple**, easy to understand & really fun!
- You will swim **faster with LESS effort right away**
- Training tips and "how to survive fly" suggestions will also be provided

Even if you do not know how to do the "OTHER" strokes, please come...Karlyn can teach you how!

Locations: Coal Creek Family YMCA, 13750 Newcastle Golf Club Rd, Newcastle, WA 98059 425-282-1500
Bellevue Family YMCA, 13250 Bel-Red Road, Bellevue, WA 98007

Cost: YMCA facilities members: \$95 per class
Others: \$125 per class
(Non-YMCA members must pay a \$10 day-use fee)

BONUS: If you register for **both classes**, you receive a **FREE DVD** of Karlyn demonstrating all 4 strokes.

Registration: Space is limited! Register for the clinics:

Register for FREESTYLE CLINIC:

<https://ops1.operations.daxko.com/programs/redirector.aspx?cid=9995&pid=47768&sid=1040770>

Register for MULTI-STROKE CLINIC:

<https://ops1.operations.daxko.com/programs/redirector.aspx?cid=9995&pid=47768&sid=1038132>

OR BY PHONE 425-282-1500 pay with credit/debit card or MAIL check made payable to: Coal Creek Family YMCA, 13750 Newcastle Golf Club Rd, Newcastle, WA 98059.

NOTE: Registration not assured until check is received.

Registration with USMS (or USA Swimming for those under 18 years of age is) mandatory for insurance reasons. BE sure to include your USMS or USA number with your registration. If you are not 2014 USMS member of USMS, you can purchase a single event coverage at the clinic for \$20 (almost 50% of 1 year membership). All participants must sign the USMS waiver in order to participate.

For content questions, email Karlyn at info.aquaticedge@hawaii.rr.com for all other inquiries or for last minute sign-ups, contact: Michael McKinlay at CoachMichael@usms.org or 425-417-9770

Karlyn Pipes is one of the most VERSATILE swimmers in the world, She has set a Masters world Record in every stroke. She is also the 2009, 2008, 2007 & 2004 World Masters Swimmer of the Year and in the Int'l Masters Swimming Hall of Fame and since 1993 has set over 200+ Masters World records. Visit <http://aquaticedge.org/>