



Faster Freestyle with Karlyn Pipes!

***A swim technique workshop for swimmers & triathletes – all levels
Sunday, Aug. 19th from 5:00-8:00 PM Hosted by Edmonton Masters***

This comprehensive workshop is designed to teach you how to swim faster with less effort by using easy-to-understand concepts, drills and fun! Karlyn uses a unique step-by-step stroke progression that allows you to make gradual changes to your stroke while increasing your "feel" of the water so you can experience immediate results.

Location: Kinsmen Sport Center, 9100 Walterdale Hill NW, Edmonton, AB T6E 2VE

About Karlyn: Drawing upon over 40 years of teaching experience coupled with high energy, Karlyn will deliver a fun and fast paced workshop. You will become a FASTER SWIMMER right away! For more about Karlyn, articles on technique, motivation and YouTube videos demonstrating her technique please visit www.Karlynpipes.com
<https://www.youtube.com/channel/UCNozSUnZ1jO1553iL2BCVMQ/videos>

Cost is \$120 CAD (\$100 for workshop, \$20 for pool rent) To register please send email money transfer to president@edmontonmasters.org and receive a confirmation of payment to verify that you are registered in the event. Or, submit completed form along with cash or check made out to Edmonton Masters to Siubhan Drinnan. Space is limited.

Questions about the workshop e-mail karlynpipes@gmail.com

Questions about space availability e-mail president@edmontonmasters.org

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Faster Freestyle Workshop @ Kinsmen Sports Complex, Sunday, August 19th from 5:00-8:00 PM

First Name: _____ Last _____

Address _____ City _____ Prov. _____ Postal code _____

Phone: () _____ Email _____

Emergency contact info: _____

Please identify one goal for the clinic: _____

Cost: \$120 CAD Pre-order Karlyn's GOSWIM instructional DVD for \$30 CAD (save \$10!) Total: \$ _____

Check made out to EDMONTON MASTERS

Send to: Siubhan Drinnan 22 Maywood Rd Sherwood Park, AB T8A 0K1 or email funds president@edmontonmasters.org