



# Faster Freestyle Swim Clinic

With Masters World Record Holder Karlyn Pipes-Neilsen

Saturday, February 23rd from 9:00am - 12noon

Hosted by: New Jersey LMSC

Sanctioned by NJ LMSC for USMS, Inc #073-S001

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?
- Become more comfortable in the water?

Then this clinic may be JUST for you! Using easy to understand drills and techniques, Karlyn will teach you how to become a faster more efficient swimmer in just one clinic.

Location: Perth Amboy Raritan Bay YMCA 357 New Brunswick Ave Perth Amboy, NJ 08861

About Karlyn: Lives in Kona, Hawaii and is known world-wide for being an accomplished swimmer having set over 214 masters world records to date. However, she is equally as talented as an instructor and uses her high energy to deliver a fun and face paced clinic woven with personal experience.

Cost is \$50 and space is limited. If you sign up for BOTH Faster Freestyle and the Multi-Stroke clinic, then your cost is \$75. You can register by sending completed form with check made payable to "NJ LMSC" to: Bill Reichle 2611 Orchard Ter Linden, NJ 07036

For any questions about the clinic email Bill Reichle: brswim@comcast.net

Pre-order Karlyn's Go Swim Instructional DVD & pay only \$30 or purchase at clinic for \$40

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Faster Freestyle Clinic: Saturday, February 23rd from 9:00am-12noon at Perth Amboy YMCA

First Name: \_\_\_\_\_ Last \_\_\_\_\_ Age: \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ - \_\_\_\_\_

Phone: ( ) \_\_\_\_\_ Email \_\_\_\_\_ 2013 USMS # \_\_\_\_\_

Emergency contact info: \_\_\_\_\_

Please identify one goal for the clinic: \_\_\_\_\_

Cost:  \$50 :  \$75 (both clinics)  Pre-order Karlyn's Instructional DVD for \$30 (save \$10!) Total \_\_\_\_\_

Send check payable to "NJ LMSC" to: Bill Reichle 2611 Orchard Ter Linden, NJ 07036

"I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters swimming (training and competition), including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS. (Rule Book Article 204.1)

Signature \_\_\_\_\_ Date \_\_\_\_\_