

# Aquatic Edge Breaststroke & Butterfly Clinic

With Karlyn Pipes-Neilsen

Tuesday, May 4, 2010, 6:30-9:30 PM  
George Washington Rec Center  
8426 Old Mt. Vernon Road, Alexandria, VA



## About Aquatic Edge

Karlyn moved from San Diego, CA. to Kona, Hawaii, and started Aquatic Edge. With over thirty-five years of coaching, Karlyn is now invited to teach clinics and camps worldwide.

The goal of Aquatic Edge is to provide a positive and fun learning environment while teaching people how to swim faster with less effort. The stroke progression techniques taught in the clinic are easy to understand and are applicable to any swimmer and/or multi sport athlete, of any age or ability. The clinics are also affordable, do not take up an entire weekend (perfect for the busy athlete.)

Karlyn is an excellent instructor because she herself is a competitive swimmer and uses the techniques taught in the clinic. Her teaching style is interactive, supportive and woven with personal experience.

## About Karlyn Pipes-Neilsen

Karlyn is regarded as one of the best swimmers in the world, Karlyn is 2008, 2007 & 2004 World Masters Swimmer of the Year, 2007 inductee into the International Masters Swimming Hall of Fame and to date has set over 200+ Masters World records. Karlyn is also an open-water champion, recently setting new course records in a variety of swims all over Hawaii. Karlyn has over 18 years experience coaching masters swimmers. For a complete Bio visit [www.aquaticedge.com](http://www.aquaticedge.com).

## The clinic will cover

- Step-by-step stroke progression for Breaststroke & Butterfly
- Emphasis on correct head and body position and timing
- Effective breathing techniques
- Focus on efficiently swimming faster with less effort
- Training tips, nutrition & recovery suggestions and more

Using video demonstration, dryland body awareness, simple terms and plenty of water drills, we will teach you the basic stroke mechanics for Breaststroke and Butterfly. We begin by focusing on correct body position and balance, then progress to the actual stroke. A good attitude and the ability to laugh at yourself is a must for the butterfly portion of the clinic. Approx. 2 hours of water time.

## Registration

\$60 (members signed up for the Alexandria Masters Spring season pay \$35)

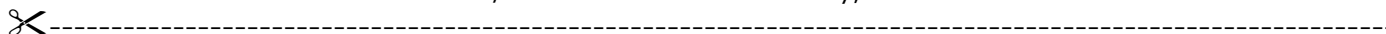
Food/snacks will be provided. Return payment by mail or online before 4/30 to:

Alexandria Masters Swimming

P.O. Box 4935

Alexandria, VA 22303

Online: [www.alexandriamasters.com/clinic](http://www.alexandriamasters.com/clinic) Contact: Mike Davey, 703-360-2631



## Registration

First Name \_\_\_\_\_ Last \_\_\_\_\_

Address \_\_\_\_\_

Phone: \_\_\_\_\_ Email \_\_\_\_\_

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

Age: \_\_\_\_\_ USMS # \_\_\_\_\_ Amount enclosed: (\$35) (\$60)

Goals \_\_\_\_\_