



Open Water Swim/Tri Clinic...in the pool!

With World Record Holder Karlyn Pipes-Neilsen

JCC Of Central New Jersey on Friday, March 23rd 1:00-4:00 PM

Do you want to become a BETTER swimmer for TRIATHLON or OPEN WATER?? Then this clinic is perfect for you!

This clinic will cover the following:

- **Effective open water strategies, tactics, sighting and drafting**
- **How, where and when to start in the line up**
- **Breathing techniques for all types of conditions**
- **Overview of the WIDER freestyle that can help you swim straighter**
- **Training and pacing suggestions...and much more!**

Karlyn Pipes-Neilsen: Has been swimming Open Water since the age of 8 and has set numerous course records in Hawaii and California. While Karlyn holds world records in shorter distances, her time for a non-wetsuit open water 2.4 mile swim is 49 minutes and her 10k is 2:09 min. To watch a FREE YouTube video of Karlyn showing you just a FEW of the open water techniques she uses, visit www.aquaticedge.org

Cost is \$95. To register contact Kimberly Koza at 908-889-8800 ext 219. Or send a check made payable to Aquatic Edge and completed form: Swim clinic C/O Kim Koza, JCC Of Central New Jersey 1391 Martine Ave, Scotch Plains NJ 07076

For any questions about the clinic email Karlyn aquaticedge@hawaii.rr.com

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

✂----- Keep top portion -----✂----- Keep top portion -----✂

Open Water Triathlon Clinic Friday, March 23rd 1:00-4:00 PM at JCC of Central New Jersey

First Name _____ Last _____

Address _____ City _____ Post Code _____

Phone: () _____ Email _____

Emergency contact info: _____

Age: _____ Level of swimming: beginner intermediate masters multi-sport

Please identify one goal for the clinic: _____

Cost: \$95 Pre-order Karlyn's DVD @ \$30 and save \$10 Amount enclosed: _____

Send a check made payable to Aquatic Edge and completed form: Open Water clinic C/O Kim Koza, JCC Of Central New Jersey 1391 Martine Ave, Scotch Plains NJ 07076



Freestyle Swim Clinic with Video

with World Record Holder Karlyn Pipes-Neilsen

JCC Of Central New Jersey on Saturday, March 24th from 12:30-5:00 PM

Yes, you can become a FASTER swimmer...right now! 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 is just for YOU. 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 **Karlyn, top triathletes and Olympians**
- The teaching methods presented are **SIMPLE**, easy to understand and apply

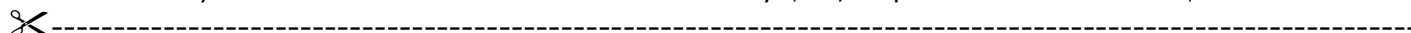
Location/address: JCC Of Central New Jersey 1391 Martine Ave, Scotch Plains NJ 07076

About Karlyn: Lives in Kona, Hawaii and is known world-wide for being an accomplished swimmer having set over 208 masters world records to date. However, she is equally as talented as an instructor and uses her high energy to deliver a fun and fast paced clinic. The drills and techniques are simple, fun and makes sense. Watch FREE YouTube videos of Karlyn demonstrating great swimming technique as well as the "high elbow catch" she will be teaching you <http://aquaticedge.org/>

Cost is \$175. Hurry, space is limited 12 (youths must be 13 or older). To register contact Kimberly Koza at 908-889-8800 ext 219. Or send a check made payable to Aquatic Edge and completed form: Swim clinic C/O Kim Koza, JCC Of Central New Jersey 1391 Martine Ave, Scotch Plains NJ 07076

For any questions about the clinic email Karlyn aquaticedge@hawaii.rr.com

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



*Faster Freestyle Clinic with video at the JCC Of Central New Jersey
on Saturday, March 24th from 12:30-5:00 PM*

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: \$175 Pre-order Karlyn's DVD @ \$30 (save \$10) Amount enclosed: _____

Send completed form & a check payable to Karlyn Pipes-Neilsen and send to:
Swim clinic C/O Kim Koza, JCC Of Central New Jersey 1391 Martine Ave, Scotch Plains NJ 07076



Swim **FASTER** Now! Stroke Technique Swim Clinic for Youths

with Multiple World Record Holder Karlyn Pipes-Neilsen

JCC Of Central New Jersey on Saturday, March 24th from 9:00-12 noon

How would you like to swim **FASTER and not work so **HARD**? Would you like to:**

- **Learn how to swim faster year after year?**
- **Learn how to swim easier**
- **Get faster turns and know how race better!**

*Then this clinic is 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/address: JCC Of Central New Jersey 1391 Martine Ave, Scotch Plains NJ 07076

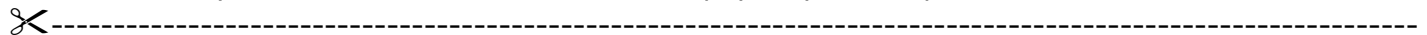
About Karlyn: Lives in Kona, Hawaii and is known world-wide for being an accomplished swimmer having set over 208 masters world records to date. However, she is equally as talented as an instructor and uses her high energy to deliver a fun and face paced clinic woven with personal experience. The drills and techniques are simple, fun and makes sense. For great articles on technique, training and motivation written by Karlyn, please visit www.aquaticedge.org

Cost is \$125. Hurry! Space is limited. Must be 10 or older to participate:

To register contact Kimberly Koza at 908-889-8800 ext 219. Or send a checks made payable to Aquatic Edge and completed form: Swim clinic C/O Kim Koza, JCC Of Central New Jersey 1391 Martine Ave, Scotch Plains NJ 07076

For clinic questions email Karlyn at aquaticedge@hawaii.rr.com

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



***Aquatic Edge Swim Technique Clinic @ JCC Of Central New Jersey on
Saturday, March 24th from 9:00-12 noon***

First Name _____ Last _____

Address _____ City _____ State _____ Zip _____

Phone: () _____ Email _____

Emergency contact info: _____

Age: _____ Level of swimming: beginner intermediate masters multi-sport

Please identify one goal for the clinic: _____

Cost: \$125 per youth. Pre-order Karlyn's DVD @ \$30 (save \$10) Total enclosed: \$ _____

Send form and check made payable to Aquatic Edge to:
Swim clinic C/O Kim Koza, JCC Of Central New Jersey, 1391 Martine Ave, Scotch Plains NJ 07076