



Open Water Swim Clinic

With World Record Holder Karlyn Pipes-Neilsen

Hosted by



If you ever wanted to know how to become a BETTER OPEN WATER swimmer, then this clinic is perfect for you!

This clinic will cover the following:

- Effective 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!

Dates: Choose from one of the following sessions

- Thursday July 14, Friday July 15 or Monday July 18 from 9:00 am-12:00 noon

Location: Gyro Beach (south side) 3400, Lakeshore Drive, Kelowna

Karlyn Pipes-Neilsen: Has been swimming Open Water since the age of 8 and has set numerous course records in Hawaii and California. Her time for a non-wetsuit 2.4 mile swim is 49 minutes. She is also the 2008, 2007 & 2004 World Masters Swimmer of the Year, 2007 inductee into the Int'l Masters Swimming Hall of Fame and since 1993 has set over 200+ Masters World records. For a complete BIO visit www.aquaticedge.org

Cost is **\$95.00** (payment received by [June 20th](#)); **\$110.00** (postmarked after [June 20th](#))

Pre-order Karlyn's **Go Swim Freestyle** DVD & pay only \$35 CAN or purchase @ clinic for \$45 CAN

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Thurs. July 14th 9:00 am-12:00 noon Fri. July 15th 9:00 am-12:00 noon Mon. July 18th 9:00 am-12:00 noon

Note: limit of 18 swimmers per session.

First Name (s) _____ Last _____

Address _____ City _____ Prov _____ Postal Code _____

Phone: () _____ Email _____

Emergency contact info: _____

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

Winter or Masters Swim Club Affiliation (if applicable) _____

Please identify one goal for the clinic: _____

\$95 early registration (before [June 20th](#)) or \$110.00 (postmarked after [June 20th](#))

add \$5.00 for insurance for non-affiliated Age Group or Masters swimmers

add Karlyn's Freestyle DVD add \$35 (save \$10)

Cheque payable to *Okanagan Masters Swim Club*. Mail to: Brent Hobbs, 1902 Abbott St. Kelowna, BC, V1Y 1B7