



# Open Water Swim Clinic

**With Masters World Record Holder Karlyn Pipes**

**Saturday, May 17<sup>th</sup> from 1:00pm – 4:00pm**

Hosted by: New Jersey LMSC

Sanctioned by NJ LMSC for USMS, Inc. #074-S003

**Learn the EASY way to swim in open water races!**

There are many benefits to taking an Aquatic Edge Clinic:

- The teaching methods Karlyn uses are **simple**, easy to understand and fun!
- A great way to improve and **learn the "open water strategies"**
- After one clinic you will know how to swim **faster with LESS effort in open water.**

**Location:** Perth Amboy Raritan Bay Area 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 fast-paced clinic woven with personal experience.

**Cost is \$50 and space is limited. If you sign up for BOTH Faster Freestyle and the Open Water clinic, then your cost is \$75.** You can register by sending completed form with check made payable to **"NJ LMSC"** to: **Julie Schoenlank 448 Mile Square Road Yonkers, NY 10701**

**For any questions about the clinic email Julie Schoenlank: nyswim02@yahoo.com**

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

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**Open Water Swim Clinic:** Saturday, May 17th from 1:00pm-4:00pm at Raritan Bay Area YMCA

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

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

☎ Phone: (    ) \_\_\_\_\_ Email \_\_\_\_\_ 2014 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: Julie Schoenlank 448 Mile Square Road Yonkers, NY 10701**

"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 \_\_\_\_\_

