

# Looking for pools to host Aquatic Edge Swim Clinics

Karlyn Pipes-Neilsen has agreed to teach her world famous clinics here in the DIXIE ZONE area from the end of October to the middle of November. Please contact Nan DeStafney at 850-512-6693 or [NanDeStafney@yahoo.com](mailto:NanDeStafney@yahoo.com) if you are interested in hosting a clinic.

## All Aquatic Edge Clinics include:

- Before/after video taping with review (except 3.5 hour)
- Two hours of water time for stroke progression
- Dryland Body awareness & classroom instruction
- Go Swim! Video demonstration by Karlyn
- Detailed Handouts to support Karlyn and Eric's unique teaching methods
- Nutrition, recovery suggestions & training ideas
- Aquatic Edge custom swim cap
- Snacks and recovery drinks
- Open forum Q and A with Karlyn and Eric

Freestyle with before/after videotaping (apprx. 5 hrs)	\$125 pp (12 min, 18 max)
Multi-Stroke-fly/back/breast w/videotaping (apprx. 5 hrs)	\$125 pp (12 min, 18 max)
Freestyle or Multi-stroke clinic (3.5 hours no video)	\$95 pp (12 min, 36 max)
Motivational Speech	\$800
Swim teams and large groups	Flat rates are available
Coaches clinics, 1 & 2-day events	Please inquire

**Team fundraiser:** If there are no pool fees, Aquatic Edge will donate up to \$300 back to the team/host if the maximum of 18 participants is met.

## BOOK A CLINIC TODAY!

*"As a sponsor, what impressed me the most was how the teaching was so fast and effective for swimmers ranging in age from 15 to 60. I am incorporating both the methods and techniques in my programs at Charles River."*

- Bob Boder, Head Masters Coach and Aquatics Director  
Charles River YMCA, Needham MA

Would be happy to provide references from any of our recent clinics!

Sample timelines:

**Freestyle Clinic with "before/after" video** Limited to 18, Cost \$125

Total time: ~5 hours, Pool time: 45 minutes + 1.5 hours = 2+ hours

Dry: 30 min. Introductions, talk about stroke, DVD intro

Pool: 15-20 minutes to video "before" shot (one lane only needed)  
30 minutes to cover streamline, body balance & breathing

Dry: 15 minutes dryland body awareness  
15 minutes-watch Karlyn Go SWIM Freestyle DVD  
40-minute watch "before" participant videos

Pool: 75 minutes for freestyle stroke progression  
15 min. to video all participants a second time

Dry: 40 minutes to review all videos, Q and A and snacks and drinks

**Freestyle Clinic (no video)** Up to 30 participants, Cost \$95

Total time: 3.5 hours, Pool time: 2 hours

Dry: 20 min. Introductions, talk about stroke technique we teach  
20 minute – dry land body awareness  
20 minutes-watch video/DVD

Pool: 15 minute warm up  
1 hour 45 minutes for freestyle stroke progression

Dry: 30-minutes snack, hand outs, Q and A with any time remaining

**Multi-stroke Clinic -fly, back and breast-with video and review**

Limited to 24 participants, Cost \$125

Total time: 4+ hours, Pool time: 2.5 hours

Dry: 10 min. Introductions, talk about stroke techniques we teach  
50 minute to discuss fly, back and breast & watch video/DVD,  
dry land body awareness

Pool: 10 minute warm up  
1 x 50 minute clinic choose between back or breast  
10 minute break  
1 x 50 minute clinic choose between breast and fly  
20 minutes to video two strokes

Dry: 40 minutes to review video, Q and A, snacks and wrap up

**Multi-stroke Clinic-fly, back and breast-** Up to 36 participants Cost \$95

Total time: 3.5 hours, Pool time: 1 hour 45 minutes

Dry: 10 min. Introductions, talk about techniques we teach  
50 minutes to discuss all strokes (fly, back and breast)  
Dry land body awareness, watch video/DVD

Pool: 20 minute warm up 1 x 40 minute choose between back or breast  
1 x 40 minute clinic choose between breast and fly

Dry: 30-minutes snack, hand-outs, Q and A with any time remaining