

AQUATIC FLOW

AQUATIC WORKSHOP FOR THE MIND, BODY & SOUL

Aqua Flow is a workshop presented by Karlyn Pipes and Charlotte Brynn, who will be leading sessions both in and out of the water. Each session will help you reach your full potential, as a swimmer and in life.

CLINIC DATES:

May 21 - 22, 2016

CLINIC HOURS:

Saturday 10:00am - 7:00pm

Sunday 9:00am - 3:00pm

LOCATION:

The Swimming Hole - Community Pool & Fitness Centre, Stowe, VT

INCLUDES:

- 4 Pool Technique Sessions
- Yoga for Swimmers
- Foam Roller Self Massage for Mind & Body
- Motivational Talk
- Multiple Inspirational Presentations
- Lunch Saturday/Sunday
- Autographed Copy of "The Do Over"

COST:

Saturday & Sunday sessions - \$395

Single day price - \$195

Enquiries/Registration Information

Charlotte Brynn - cbrynn@theswimmingholestowe.com
(802) 760-7065

Karyn Pipes - aquaticedge@hawaii,rr.com
(808) 756-0195

The Swimming Hole
75 Weeks Hill Road, Stowe, VT
802.253.9229 • www.theswimmingholestowe.com

The Swimming Hole is a non-profit community pool & fitness center that welcomes community support.

This clinic is for you, if...

- You would like to find balance in the water & in life
- You would like to swim faster with less effort
- You would like to build self-esteem/ self confidence
- You would like to be inspired

Who can Aqua Flow inspire/ motivate

- Fitness/ Recreational Swimmers
- Triathletes
- Competitive Swimmers
- Open Water Swimmers
- Multi Sport/ Endurance Athletes
- Women wishing to reach their full potential

Workshop Schedule

Saturday, May 21, 10:00am – 7:00pm

- 10:00 Welcome/Introductions
- 10:00-11:00 Yoga Room: Breathe Work Yoga Room
- 11:00-12:30 Technique Session Pool - Aquatic Balance
- 12:30-1:30 Lunch (Provided)
- 1:30-3:30 Technique Session Pool - Faster Freestyle
- 3:30-4:30 Yoga room: Foam Roller/Self Massage
- 5:00-5:45 Group Hike
- 5:45-7:00 Dinner/Book signing. Motivational Talk

Sunday, May 22, 9:00am – 3:00pm

- 9:00-9:30 Welcome/Introductions
- 9:30-11:30 Technique Session Pool: Butterfly, Backstroke, Breaststroke (all levels)
- 11:30-12:30 Yoga Room: Swimmers Yoga for Mind & Body
- 12:30-1:30 Motivational Talk
- 1:30-3:00 Technique Session Pool: Learn how to navigate C water for recreation &/competition

THE
SWIMMING
HOLE

AQUATIC FLOW

ABOUT AQUA FLOW PRESENTERS



KARLYN PIPES

Inspirational Speaker, Author of the Do Over, Swim technique Guru

Karlyn is an internationally known inspirational speaker and the author of “The Do-Over”, a memoir about her struggles and victories with addiction. Karlyn also offers swim technique workshops worldwide, and private swim instruction and camps in Kona, Hawaii.

Pool Records and Achievements

International Swimming Hall of Fame (ISHOF) inductee class of 2015

International Masters Swimming Hall of Fame (IMSHOF) inductee class of 2007

Voted TOP TEN Masters swimmer of All-Time by Swimming World Magazine

Has broken over 200 FINA Masters world records to date

332 U.S. Masters national records to date

Bronze medalist at the 2013 ITU World Aquathlon

(1k swim, 5k run) Championships, London, UK

Three-time 50-54 age-group winner at Lavaman Waikoloa Olympic Distance Triathlon

2013/14/15

2nd female overall at the Hilo Olympic distance triathlon 2014

2012 World Masters Swimmer of the Year voted by Swimming World Magazine

2012 USAT Aquathon (1.5k swim, 10k run) National Champion



CHARLOTTE BRYNN

Aquatic Adventurist, Marathon Swimmer, Inspirational Speaker, Swim Coach, Adult Swim instructor, Personal Trainer, Group Fitness Instructor, USMS National Online Open Water Workout Coach, Executive Director of The Swimming Hole, non-profit community pool & fitness center. Charlotte has received international recognition, by completing some of the world's most challenging Marathon swims.

Achievements

World Female Open Water Swimmer of the year nominee 2013

Named one of top 50 2014 Aquatic Adventurists by the World Open Water Swim Association

USMS Long Distance All American 2009 & 2015

28 Mile Manhattan Island Marathon Swim

20 Mile Catalina Channel

25 Mile In Search of Memphis Marathon Swim

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