

# ARFC Fall & Winter Water Babies Club

## Class Description

**Water Babies Club** is offered year-round at Auburn Racquet & Fitness Club. Classes are conducted in a water temperature of 86 degrees. During winter, the pool is bubble-enclosed offering a warm temperate environment. Water Babies Club is available to children ages 6 months to 2 years of age, and is designed to have a parent in the water working with their own child.

## What to Expect

You, the parent, will learn techniques from a highly experienced teacher to help your child feel comfortable in the water as well as training your child in self-rescue safety skills: back floats, rolling over, climbing in and out of the pool, and submersion to name a few. The emphasis of the class is SAFETY!

## Aquatics Facilities & Staff

ARFC's professional swim instructors are all Red Cross Lifeguard certified which includes First Aid and CPR for the Professional Rescuer. All instructors participate in extensive skills and techniques training; have a swimming background, and a love of teaching!



**See you at the pool!**

**Wednesday Evening Club  
5:30pm-6:00pm**

—or—

**Thursday Morning Club  
10:00am-10:30am**

**\*\*SWIM DIAPERS REQUIRED\*\***  
(Available at the First Impressions Desk)

## Purchase Options

Each 30 minute group class has a maximum of 6 parent-child pairs. Payment ensures your spot in the class.

### **Non-Members:**

- \$80 for (4) consecutive 30 minute group classes

### **Members:**

- \$60 for (4) consecutive 30 minute group classes
- \$50 per month for On-Going Classes

**NEW!** This benefit allows for uninterrupted skill-building and ensures your spot in the class without the hassle of needing to fill out paper work after every 4<sup>th</sup> lesson. Please contact the Aquatics Department for more information: 530-885-1602 at ext. 107.

**Fall & Winter Water Babies Club (One form per student)**

Parent name(s) \_\_\_\_\_

Child Name \_\_\_\_\_ Age \_\_\_\_\_ Member # \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ Zip Code \_\_\_\_\_

Registration Fee \_\_\_\_\_ Receipt # \_\_\_\_\_

Phone (C) \_\_\_\_\_ (H) \_\_\_\_\_

Email Address \_\_\_\_\_

(circle one) Non-Member: \$80.00    Member: \$60.00    -or-    \$50.00 for On-Going (see Aquatics for sign-ups)

Wednesday 5:30pm        Thursday 10am   

I agree to participate in swim programs at Auburn Racquet & Fitness Club and hereby release and waive any and all rights and claims for damage I might have against Auburn Racquet & Fitness Club and its agents for any and all injuries which may be suffered by me in connection with participation in this program.

Signature \_\_\_\_\_ Date \_\_\_\_\_

# Auburn Racquet & Fitness Club

## Water Babies Club



## Fall & Winter Water Babies Club



**In-Water Program for  
Parent and Baby**

**Wednesday 5:30-6:00pm**

**—or—**

**Thursday 10:00-10:30am**

**Auburn Racquet & Fitness Club**

1255 Racquet Club Drive

Auburn, CA 95603

Phone: 530-885-1602

Email: [info@ar-fc.com](mailto:info@ar-fc.com)

Website: ar-fc.com