

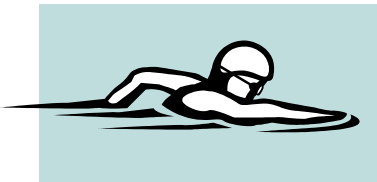
Adult Private Swim Lessons

Description

Private swimming lessons are offered at Auburn Racquet & Fitness Club. ***Classes are conducted with a water temperature of 78 degrees for maximum comfort*** in our year-round heated 25 yard lap pool.

Adult Lessons will cater to each swimmer's goals. Whether the goal is to learn proper swimming strokes, fine tune the strokes, learn the flip turn, or help with breath control, we can help. We have helped swimmers to feel more confident in the pool, incorporate lap swimming into their fitness regimen, have helped lap swimmers become more efficient, and have helped competitive swimmers to prepare for events.

Our flexible, year-round program can range from a one-time evaluation to 2 lessons per week. From the basics to stroke refinement, we can help you to become more efficient in the water.



Coach Emily Daley

Emily swam competitively from age 7 -19 years old. She graduated from Sacramento State University with a bachelors in Child Development in 2000. She worked for Sea Otter Swimming Lessons from 2000-2003 as a swimming instructor, (infant , toddler, special needs, adult and children), and developed and coached the noncompetitive swim team. Emily was also one of our outstanding coaches for the ARFC Sharks this summer!

Whether the goal is to introduce swimming and water safety, learning to swim for fitness, or preparing for competition, our staff will get you there. Our goal is to help you become a competent swimmer, a confident swimmer, and a happy swimmer!

Pricing

Lesson schedule will be determined by student and instructor.

| | <u>Member</u> | <u>Non-Member</u> |
|---------------------|---------------|-------------------|
| 4 half hour lessons | \$120 | \$150 |
| 6 half hour lessons | \$150 | \$180 |
| 8 half hour lessons | \$180 | \$210 |

Lessons also available for once or twice per week, with monthly billing options and discounts!

24-hour cancellation notice required

Adult Private Swim Lesson Packages

Student's Previous Water Experience _____

Student's Name _____ Age _____ Member # _____

Address _____ City _____ Zip Code _____

Registration Fee _____ Receipt # _____ Lessons 4 6 8

Phone (H) _____ (W) _____

Email Address _____

Member / Non-Member Pricing (circle price)

4 half hour lessons \$120 / \$150 6 half hour lessons \$150 / \$180 8 half hour lessons \$180 / \$210

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 _____

Visa and MasterCard Accepted

Auburn Racquet & Fitness Club

Swimming Lessons



Adult Private Lessons



Adult Private Swim Lessons



Year-Round Heated Pool

Ages 18 & Up

Auburn Racquet & Fitness Club

1255 Racquet Club Drive

Auburn, CA 95603

Phone: 530-885-1602

Email: info@ar-fc.com

Website: www.ar-fc.com