

ARFC Summer 2018 Group Swimming Lessons

AR&FC Swim Registration Form – One Form Per Person Please

Student's Previous Water Experience _____

Student's Name _____ Age _____ Member # _____

Address _____ City _____ Zip Code _____

Registration Fee _____ Early Reg. Discount _____ Net Reg. Fee _____ Receipt # _____

Parent's Name _____ Phone (H) _____ (C) _____

Email Address _____

FROG/Beginner FISH/Advanced Beginner DOLPHIN/Intermediate Swimmer SHARK/Advanced Swimmer

Sess I Sess II Sess III Sess IV Sess V

Time Block Preference: 9:15am – 1:45pm 3:30 – 6:30pm

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

Parent's Signature _____ Date _____

Visa and MasterCard Accepted

Aquatics Facilities & Staff

Auburn Racquet & Fitness Club provides state-of-the-art Aquatics Facilities for your Swim Lessons. Lessons are taught in our 20' x 50' warm water pool, which is kept at 86 degrees year-round. In the winter, a dome covers the lesson pool. This ensures comfort for the children in the pool as well as family members sitting poolside. All ARFC instructors have gone through extensive training through the specialized swim lesson program at ARFC and are First Aid/CPR certified.

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!

Thank you for enrolling! See you at the pool!

Session/Class Schedule

Session I.....Jun 4 - 14
 Session II.....Jun 18 – June 28
 Session III..... July 2* – 12
 Session IV..... July 16 - 26
 Session V..... July 30 – Aug 8
 *Class Mon, Tu, Th, Fr during July 4th week

Each session has eight ½ hour classes

Classes are held Monday – Thursday.

Every effort will be made to accommodate your time block preference; however, there is no guarantee.

Cost: Members.....\$95.00
 Non-Members.....\$115.00

Discounts

Sign up 7 or more days in advance of any session and receive a \$5 early-registration discount!

Level Descriptions

Classes are conducted with a water temperature of 86 degrees in a bubble-enclosed pool for maximum comfort. Four ½ hour classes are structured in two-week sessions.

- No split sessions
- No make up sessions
- **Must be a minimum of three children to make a class.**
- Payment ensures spot, first come, first served

FROG/ Beginner Swimmer- This swimmer is not yet comfortable with getting eyes/face wet. Our goals for this level are comfort in the water, eyes in and blowing bubbles, supported front float, basics of swimming, and water safety skills.

FISH/ Advanced Beginner- This swimmer enjoys the water, eyes in but cannot swim on top of the water. Our goals for this level are for more independent swimming, catching a breath, introduction to freestyle and backstroke, and water safety skills.

Dolphin/Intermediate Swimmer-This swimmer can swim freestyle and backstroke and is comfortable floating and kicking on their back. Our goals for this level are to swim the length of the pool freestyle and backstroke and introduce breaststroke, and butterfly, and water safety skills.

Shark/Advanced swimmer- this swimmer knows the basic four strokes. Our goals for this level are to prepare the swimmer for lap swimming or swim team.

Auburn Racquet & Fitness Club

Group Swimming Lessons



Low Teacher/Student Ratio



2018 Summer Specialized Group Swim Lessons



86-Degree Pool

Five Sessions
June 4 - August 8, 2018

*Private & Semi-Private
Lessons Also Available*

Auburn Racquet & Fitness Club

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