

**Swim with the ARFC Sharks!!!**

1255 Racquet Club Drive  
Auburn, CA 95603  
[www.ar-fc.com](http://www.ar-fc.com)

**Get in the Swim**



**Summer Recreational**  
**In-House Junior**  
**Swim Team Program, 2020**  
**Ages 5-18**  
**All Levels Welcome!**



**Registration Week**  
**May 18-23, 2020**

**Season Dates**

**June 2nd-August 2nd**

**Auburn Racquet Club & Fitness Club**  
1255 Racquet Club Drive  
Auburn, CA 96603  
Phone: 530-885-1602  
Email: [Emily@ar-fc.com](mailto:Emily@ar-fc.com)  
Website: [ar-fc.com](http://ar-fc.com)

# ARFC Summer Recreational Swim Program

## Swim with the ARFC Sharks

ARFC's summer recreational swim team will be an in-house coed program in 2020. We will still focus on improving competitive stroke technique, physical conditioning, and overall fun. The program is open to swimmers 5-18 years of age and runs from June 2nd to August 2nd 2020 and **includes 3 coed meets**. The season consists of daily practice, stroke technique instruction, and in house meets, capped with an individual championship meet August 1 and awards barbecue on August 2. Each child will have the opportunity to compete in individual and relay events. Team and individual photos included.

Teams will be formed by virtue of a draft by assistant coaches once registrations are all in. Date TBA. **All events/practices/meets associated with the 2020 Sharks in-house coed swim team will follow strict government mandated social distance guidelines. Only one observer per swimmer(s) will be allowed on the pool deck during practice/meet times.**

Practices are held **Tuesday thru Friday** at the ARFC's Aquatic Center, featuring its two 6-lane, 25-yard pools. **Beginning Tuesday, June 2th, practices will be held throughout the day. Time trails will be held Saturday, June 13th.** The coaching staff groups swimmers according to team, age or ability. TBD. Every effort will be made to accommodate families with multiple swimmers of different ages and levels.

**For more Information, please contact ARFC at  
530-885-1602**

## ARFC Coaching Staff

### Emily Daley, Aquatics Director

Emily swam competitively from age 7-19 years old on several teams including Arden Hills and Capital City Aquatics. She holds a BA in Child Development. She worked for Sea Otter Swimming Lessons from 2000-2003 as a pool manager, swimming instructor and developed and coached the non-competitive team. Emily will focus on **coaching development** for this year's ARFC Sharks.

### Leah Cenatiempo, Head Coach

Leah Cenatiempo started swimming at age 8 and swam for 10 years with the Rollingwood Rockets in Fair Oaks, California. After graduation, she swam for 2 years on the Sierra College Women's swim team, qualifying for state championships both years. Leah has been coaching and teaching swim lessons since the age 14 and has now been teaching for over 9 years. She is experienced in teaching ages 6 months to adults. Leah has been coaching ARFC's Stroke & Turn Clinics since the autumn, 2017.

### Pricing Information

<b>First Child:</b>	<b>\$210 member \$245 non member</b>
<b>Second Child:</b>	<b>\$200 member \$235 non member</b>
<b>Three of more Children</b>	<b>\$190 member \$225 non member</b>

**Price is for the entire recreation season.  
No prorations!**

### Swim Team Registration Form

**\*\*One child per registration form, please\*\***

**Child's Name:** \_\_\_\_\_

**Age:** \_\_\_\_\_ **Birth Date:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**Parent's Name:** \_\_\_\_\_

**Phone:** \_\_\_\_\_

**Email:** \_\_\_\_\_

**Member Number:** \_\_\_\_\_

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 damages I might have against Auburn Racquet & Fitness Club and its agents for any and all injuries which may be suffered by my child in connection with participation in this program.

\_\_\_\_\_  
**Signature:**

**Date:** \_\_\_\_\_

**Receipt #:** \_\_\_\_\_

Registration Fee:

Swim Suit Fee:

Volunteer Fee:   NA  

Discount:

Total Enclosed: \_\_\_\_\_

Boys Size: \_\_\_\_\_

Girls Size: \_\_\_\_\_