

**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**

**Auburn Racquet  
&  
Fitness Club**

**Summer 2019  
Recreational  
Junior Swim Team**  
Ages 5-18  
All Levels Welcome!



**Early Registration Period**  
April 25th – May 7th\*

\* Register during this week for discounted registration fees!

**Season**  
June 4<sup>th</sup> – August 3, 2019

**Auburn Racquet Club & 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](http://ar-fc.com)

# ARFC Summer Recreational Swim Program

## Swim with the ARFC Sharks

ARFC's summer recreational swim team program will 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 4<sup>th</sup> to August 3<sup>rd</sup> 2019. The season consists of daily practice, stroke technique instruction, and dual meets with local clubs, league championships, and a season ending barbeque bash on August 4<sup>th</sup>. Each child will have the opportunity to compete in individual and relay events. Team and individual photos included.

As members of the Foothill Swim League, some of the teams ARFC's Sharks will swim against are Auburn Lake Trails, Lake of the Pines, Grass Valley, Foresthill and Lake Wildwood. **League Championships** are scheduled for August 3<sup>rd</sup> 2019. The final event of the season will be our awards BBQ on Sunday August 4<sup>th</sup>!

Practices are held **Tuesday thru Friday** at the ARFC's Aquatic Center, featuring its two 6-lane, 25-yard pools. **Beginning Tuesday, June 4<sup>th</sup>, practices will be held throughout the day. Time trails will be held Saturday, June 15<sup>th</sup>.** The coaching staff groups swimmers according to age and ability. 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

### 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 age 14 and has now been teaching for over 9 years. She is experienced in teaching ages 6 months to adult. Leah has been coaching ARFC's Stroke & Turn Clinics since the Fall of 2017 and was Head Coach of the ARFC Sharks in 2018.

**\$10.00 Discount if registering by Tuesday, May 7th for Registration Fees!!!!**

### Pricing Information

First Child: \$200/\$235NM  
Second Child: \$190/\$225NM  
Three or more Children: \$180/\$215NM

**Swim Suits-Members & Non-Members:**  
**Boys: \$39.99      Girls: \$52.99**

**Price is for the entire recreation season.**  
**Team suits are mandatory!**

## Swim Team Registration Form One child per registration form please

Child's Name \_\_\_\_\_ Age \_\_\_\_\_ Birthdate \_\_\_\_\_

Address \_\_\_\_\_

Parent's Name \_\_\_\_\_ Phone \_\_\_\_\_

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

Registration Fee \_\_\_\_\_

Swim Suit Fee \_\_\_\_\_

Volunteer Fee \_\_\_\_\_ \$250

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

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

(Waist) \_\_\_\_\_

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

(see chart) \_\_\_\_\_

Receipt # \_\_\_\_\_