

Swim with the ARFC Sharks!

**Auburn Racquet
&
Fitness Club**

**Summer Recreational
Sharks Swim Team**

2025

Ages 5-18

All Levels Welcome!

ALL I WANT
TO DO IS
SWIM



Register Now!

Season

June 10th-August 2nd, 2025

Auburn Racquet & Fitness Club

1255 Racquet Club Drive

Phone: 530-885-1602

Email: Bree@ar-fc.com

www.ar-fc.com

**Auburn Racquet
&
Fitness Club**

ARFC SHARKS

ARFC's summer recreational swim team program will focus on improving competitive stroke technique, conditioning, speed, and overall fun. The program is open to swimmers 5-18 years of age and runs from June 10th-August 2nd. The season consists of daily practice, dual meets and league championships. 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, ARFC's Sharks will swim against Auburn Lake Trails, Lake of the Pines, Grass Valley, Foresthill, and Lake Wildwood. League Championships are scheduled for August 2nd. The final event of the season will be our awards BBQ on Sunday, August 3rd!

Time trial will be held Saturday, June 14th. 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.

Sharks' Swimsuits are Mandatory:

All Sharks Swimmers must purchase a team swimsuit.

Please scan the QR to order your suit today! Visit Swim Outlet at or scan the QR Code:

www.swimoutlet.com/collections/sharksswimteam



SHARKS SWIM TEAM STAFF

Bree Renz, Head Coach

Bree began competitive swimming at age 7 in a summer league in New Jersey, quickly advancing to AAU teams led by Olympic coaches. She won numerous AAU titles and set records in state championship meets over her career. Bree's passion for swimming went beyond personal success. She began coaching local summer teams while in college. Then a move to Colorado opened up an opportunity to coach a year-round AAU swim team.

Matt Rohloff, Assistant Coach

Matt started competitive swimming at the age of 6 with a summer swim team in Illinois. He continued to swim in his youth with the YMCA and community swim team, attending many invitationals and Jr. National events. He was the captain of his High School swim team, breaking many school records. After swimming in college, Matt coached at a summer swim team before coaching a year-round USA swim team in Wisconsin.

Our coaches have years of experience developing and running programs to improve technique, flexibility, strength, stamina, and speed.

KICK OFF PIZZA PARTY

FRIDAY, MAY 2nd @ 6:30 PM

EARLY REGISTRATION DISCOUNT

Receive \$20 discount, per swimmer, if you register **BY MAY 2nd**!

Pricing Information:

First Child:	\$240 Members/\$275 Non-Members
Second Child:	\$230 Members/\$265 Non-Members
Three Plus:	\$220 Members/\$255 Non-Members

Swim Team Registration Form

One Form per Child

Child's Name: _____

Age: _____ Birthdate: _____

Address: _____

City: _____ Zip Code: _____

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: \$ _____

Discount: \$ _____

Volunteer Fee: \$250 **(MUST PAY BY CHECK)**

Total Enclosed: \$ _____

Receipt #: _____