

Swim with the ARFC Sharks!!!

1255 Racquet Club Drive
Auburn, CA 95603
www.ar-fc.com

Get in the Swim



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



Early Registration Day
April 29, 2020

*Register on this date for discounts on registration fees and swim team suits!

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
Website: 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 2nd to August 2nd 2020. 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 5th. 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 1. The final event of the season will be our awards BBQ on Sunday August 2!

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 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. 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 Fall of 2017.

\$30.00 Discount if registered by April 29!!

Pricing Information

	Member/Non-Member
First Child:	\$210/\$245
Second Child:	\$200/\$235
Three of more Children:	\$190/\$225

Swim Suits: Members & Non-Members

Boys: \$49.99 Girls: \$64.99

Price is for the entire recreation season. Teams suits are mandatory! No prorations!

Swim Team Registration Form

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

Child's Name _____ Age _____ Birthdate _____ Registration Fee _____

Address _____ Swim Suit Fee _____

Parent's Name _____ Phone _____ Discount _____

Email Address _____ Member Number _____ Total Enclosed _____

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. Boys Size _____ (waist)
Girls Size _____ (chart)

Signature _____ Date _____ Receipt # _____