

ARFC May 2018 Stroke & Turn Clinic

About the Clinics

Auburn Racquet & Fitness Club's Stroke & Turn Clinics focus on improving stroke technique, physical conditioning, and overall fun.

This is not a swim lesson program.

This May the Club is offering a five-week session, Tuesday through Friday with swimmers grouped into five age categories:

6-under, 7-8: 4:00-4:45pm

9-10, 11-12, and 13-18: 4:45-5:45pm

**(groups and times may be subject to change).
Some younger swimmers may swim in older groups with Coach permission.*

Aquatics Director, Emily Daley

Emily swam competitively from age 7 -19 years old. She graduated from Sacramento State University with a Bachelor's Degree in Child Development in 2000. She worked for Sea Otter Swimming Lessons from 2000-2003 as a swimming instructor, (infant, toddler, special needs, adult and children), and developed and coached the noncompetitive swim team. Emily is also one of our outstanding coaches for the ARFC Sharks & is ARFC's Aquatics Director!

Coach Leah. Leah has been coaching and teaching swim lessons for over 9 years. She swam for 2 years on the Sierra College Women's swim team, qualifying for state championships both years. Leah has been teaching ARFC's Stroke & Turn Clinics as well as swim lessons since October 2017.

SEE YOU ON DECK!!!!

<u>Pricing</u>	
Members:	
Cost Per 1 st Swimmer.....	\$110.00
Cost Per 2nd Swimmer.....	\$105.00
Cost Per 3 rd or more Swimmers.....	\$100.00
Cost Per Non-Member.....	Add \$20.00 per child

Schedule

May 1st — June 1st

Clinics are held Tuesday through Friday

Ages 6-under, 7-8: 4:00-4:45pm

All other age groups: 4:45-5:45pm

**(groups and times may be subject to change)*

Coach Leah will be on deck!

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Leah Leah Leah Leah

Our goal is to create a positive and safe environment for all students and athletes.
We incorporate contemporary teaching and coaching methods that will enhance a swimmer's self esteem as well as performance.
The root of our teaching philosophy: hard work, respect for oneself and others, and fun.

AR&FC Stroke and Turn Clinics Registration Form

One Form Per Student

Students Name _____ Age _____ Member # _____

Address _____ City _____ Zip Code _____

Email Address _____

Parents Name _____ Phone (H) _____ (W) _____

Registration Fee _____ Discount _____ Total _____ Receipt # _____

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 Signature _____ Date _____

Visa and MasterCard Accepted

**Auburn Racquet & Fitness Club
Stroke & Turn Clinics**

Get in the swim!



**Stroke & Turn
May 2018 Clinic**



**All Levels Welcome
Ages 6-18**

**Tuesday through Friday
May 1 — June 1, 2018**

Auburn Racquet & Fitness Club
1255 Racquet Club Drive
Auburn, CA 95603
Phone: 530-885-1602
Email: info@ar-fc.com
Website: www.ar-fc.com