

ARFC Fall Stroke & Turn Clinics

About the Clinics

Auburn Racquet & Fitness Club's Stroke and Turn Clinics focus on improving stroke technique, physical conditioning, and overall fun. **This is not a swim lesson program.**

Coach Leah Cenatiempo

Coach Leah started competitive swimming at the age of eight and continued her swimming career swimming for Sierra College. Leah qualified for the State Championship for the Wolverines. Leah also headed the ARFC Sharks recreational swim team this year. You can also find Leah teaching swimming lessons for ARFC. Leah has a love for swimming and looks forward to sharing her passion for the sport with others.

EFT Pricing Agreement

ARFC members can save money by signing up for an EFT agreement:

4 month agreement: \$85 per session
8 month agreement: \$75 per session

Contact Emily Daley for an EFT agreement.
em@ar-fc.com.

Pricing

Members:

Cost Per 1st Swimmer.....\$105.00
Cost Per 2nd Swimmer.....\$100.00
Cost Per 3rd or more Swimmers..... \$95.00

Cost Per Non-Member.....Add \$20.00 per child

Schedule

Session 1: Sept. 4th-27th

Session 2: Oct. 2nd- 25th

Session 3: Nov. 6th- Dec. 6th

Thanksgiving week no clinic

**Clinics are held:
Tuesday, Wednesday, and Thursday
4-5pm (ages 6 & 18)**

Coach Leah will be on deck!

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.

Fall 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) _____

Session: 1 _____ 2 _____ 3 _____ EFT AGREEMENT: _____

Registration Fee _____ Discount _____ Total _____ Receipt # _____

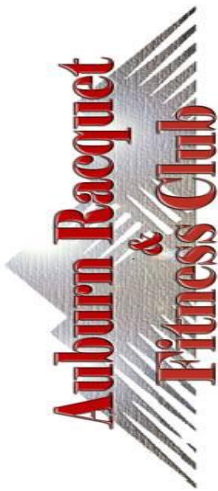
I give my permission for my child to participate in swim programs at Auburn Racquet & Fitness Club and hereby release waive any and all rights and claims for damage I might have against Auburn Racquet & Fitness Club and its agents for any all injuries which may be suffered by my child in connection with participation in this program.

Parent Signature _____ Date _____

Visa and MasterCard Accepted

Auburn Racquet & Fitness Club Stroke & Turn Clinics

Get in the swim!



Stroke & Turn Fall Clinic



All Levels Welcome
Ages 6-18

Tuesday, Wednesday, Thursday
September 4th – December 6th 2018

Auburn Racquet & Fitness Club

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