

ARFC Stroke & Turn Clinics

AR&FC Stroke and Turn Clinics Registration Form One Form Per Student

Student's Name _____ Age _____ Member # _____

Address _____ City _____ Zip Code _____

Session: I II III Email Address _____

Parent's 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's Signature _____ Date _____

Visa and MasterCard Accepted

Pricing	
Price Per Session	
Cost Per 1st Swimmer.....	\$95.00
Cost Per 2 nd Swimmer.....	\$85.00
Cost per 3 rd Swimmer.....	\$75.00
Cost per Non-Member.....	add \$20.00 to each
<i>Sign-up for all three sessions by January 8 and receive \$10 off each session.</i>	

Schedule
Session I: January 9 – February 1
Session II: February 6 – March 1
Session III: March 6 – March 29

Bonnie or Leah will be on deck.

Clinics are held Tuesday, Wednesday & Thursday, 4:00-5:00pm

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leah leah leah leah

<p>My goal is to create a positive and safe environment for all of my students and athletes. I incorporate contemporary teaching and coaching methods that will enhance a swimmer's self esteem as well as performance.</p> <p>The root of my teaching philosophy: hard work, and respect for oneself and others, and fun.</p> <p>Bonnie Records</p>

About the Clinics

Auburn Racquet & Fitness Club provides state-of-the-art Aquatics Facilities for their Stroke & Turn 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.

This Winter ARFC is offering three 4-week sessions. Clinics are held from 4:00-5:00 pm, Tuesday, Wednesday & Thursday with swimmers possibly grouped into two age categories: 5 through 8* and 9 and older.

Clinics will include sets, sprints, and feedback for stroke improvement and endurance.

* Some swimmers under 8 may swim with older kids with the coach's permission.

Coach Bonnie Records

Aquatics Director Bonnie Records has taught swim lessons and coached for over 20 years. She has taught students from ages 6 months to 70 years of age. In Bonnie's previous stint as ARFC's Aquatics Director, Bonnie coached our Stroke & Turn Clinics and Sharks Recreational Swim Team.

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.

Auburn Racquet & Fitness Club Stroke & Turn Clinics

Get in the swim!



Winter 2018 Stroke & Turn Clinics



All Levels Welcome
Ages 5-18

Three Sessions
January 9 – March 29, 2018

Auburn Racquet & Fitness Club
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