

# AR&FC Stroke and Turn Clinics Registration Form

One Form Per Student

## ARFC Fall Stroke & Turn Clinics

### Clinic Details

ARFC is headed for year-round excitement as we bring swimmers to the next level. These Fall clinics will simulate a year-round swim team moving swimmers to excellence. Technique, conditioning, and personal development are just some of the clinic benefits. We hope you take this challenge and meet us at the pool!

**This is not a swim lesson program.**

These three sessions consist of 3 workouts per week, from 4:00 - 5:00 pm, Tuesdays, Wednesdays, & Thursdays. Clinics include workouts in and out of the pool consisting of:

1. Streamline: Physical effort and concentration
2. All four strokes: Free, Back, Breast and Fly
3. Long and short axis drills
4. Diving, sprinting, flip turns
5. Safety, pulse checks, target ranges
6. Long sets, mixed sets, warm ups and cool downs

### Coach Emily Daley

Emily swam competitively from age 7 -19 years old. She graduated from Sacramento State University with a bachelors 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 was also one of our outstanding coaches for the ARFC Sharks this summer!

### Pricing

Price Per Session

**Cost Per 1st Swimmer.....\$95.00**  
**Cost Per 2<sup>nd</sup> Swimmer.....\$90.00**  
**Cost Per 3<sup>rd</sup> Swimmer.....\$85.00**  
**Cost Per Non-Member.....Add \$20 to each**

*Register for all 3 sessions.....get \$10 off each session*

### Schedule

**Session I: Sept 6 – Sept 29**  
**Session II: Oct 4 – Oct 27**  
**Session III: Nov 1 – Nov 23\***

*\*(Thurs Nov 24 is Thanksgiving;  
clinics that week will be Mon-Tues-Wed)*

Clinics are held Tues/Wed/Thurs  
4:00pm – 5:00pm

Coach Emily 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.**

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

# Auburn Racquet & Fitness Club Stroke & Turn Clinics

*Get in the swim!*



## Fall Stroke and Turn Clinics



**All Levels Welcome**

**Ages 5-18**

**Three Sessions**

**Sept 6 - Nov 23, 2016**

**Auburn Racquet & Fitness Club**

1255 Racquet Club Drive

Auburn, CA 95603

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