

# ARFC Winter 2016 Stroke & Turn Clinics Registration Form

One Form Per Student

Student Name \_\_\_\_\_ Age \_\_\_\_\_ Member # \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ Zip Code \_\_\_\_\_

Session:  I  II Email Address \_\_\_\_\_

Parent Name \_\_\_\_\_ Phone (H) \_\_\_\_\_ (W) \_\_\_\_\_

Registration Fee \_\_\_\_\_ Discount \_\_\_\_\_ Total \_\_\_\_\_ Receipt # \_\_\_\_\_

I give my permission for my child to participate in swim programs at Auburn Raquet & Fitness Club and hereby release waive any and all rights and claims for damage I might have against Auburn Raquet & 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

# ARFC Winter Stroke & Turn Clinics

## Clinic Details

ARFC is headed for year-round excitement as we bring swimmers to the next level. These 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 sessions consist of 3 workouts per week, from 4:00 - 5:00 pm, Mondays, Tuesdays, & Wednesdays. Clinics include workouts in and out of the pool consisting of:

1. Streamline: Physical effort & 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/cool downs

## Coach Bonnie Records

Bonnie's passion for the sport of swimming spans over 18 years. She has coached the ARFC Sharks swim team, coached ARFC'S Stroke & Turn clinics, is a Certified Lifeguard and Swimming Instructor, and was previously ARFC'S Aquatics Director.

## Director Emily Daley

Emily swam competitively from age 7-19 and graduated from Sacramento State University with a BA in Child Development in 2000. She then worked as a swimming instructor, (infant, toddler, special needs, adult and children), and was Head Coach for the league champion 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 both sessions.....get \$5 off each session*

## Schedule

Session I: Oct 31 – Nov 23  
Session II: Nov 28 – Dec 21

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

Coach Bonnie 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.**

# Auburn Racquet & Fitness Club Stroke & Turn Clinics

*Get in the swim!*



## Winter Stroke and Turn Clinics



**All Levels Welcome**

**Ages 5-18**

**Two Sessions**

**Oct 31 - Dec 21, 2016**

**Auburn Racquet & Fitness Club**

1255 Racquet Club Drive

Auburn, CA 95603

Phone: 530-885-1602

Email: [info@ar-fc.com](mailto:info@ar-fc.com)

Website: [ar-fc.com](http://ar-fc.com)