

AR&FC Stroke and Turn Clinics Registration Form

One Form Per Student

ARFC May Stroke & Turn Clinic

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.**

This May the Club is offering a four-week session, Monday through Thursday with swimmers grouped into four age categories: 7-8 (4-4:45 PM), 9-10, 11-12, and 13-18 (4:45-5:30 PM). **(groups and times may be subject to change). Some younger swimmers may swim in older groups with Coach permission.*

Clinics will include lots of water time and videos in the gym for stroke improvement.

Coach 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!

ARFC is proud to announce that Emily and Presley Wetterstrom will coach the Sharks Swim Team this summer! Welcome back Coaches!

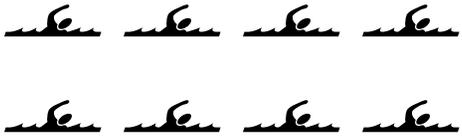
<u>Pricing</u>	
Members:	
Cost Per 1 st Swimmer.....	\$100.00
Cost Per 2 nd Swimmer.....	\$95.00
Cost Per 3 rd or more Swimmers.....	\$90.00
Cost Per Non-Member.....	Add \$20.00 per child

Schedule

May 1st — May 25th

Clinics are held Monday through Thursday
4-4:45 PM (age 7-8)
4:45-5:30 PM (all other age groups)
**(groups and times may be subject to change)*

Coach Emily will be on deck!



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

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 Clinic



All Levels Welcome
Ages 7-18

Monday through Thursday
May 1 — May 25, 2016

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