

ARFC Summer 2017 Group Swimming Lessons

AR&FC Summer 2017 Group Swimming Lessons Registration Form – One Form Per Person Please

Level Descriptions

Classes are conducted with a water temperature of 86 degrees for maximum comfort. Eight ½ hour classes are structured in two-week sessions.

- No split sessions.
- No make up sessions.
- **Must be a minimum of three children to make a class.**
- Payment ensures spot, first come, first served.
- **Group Swim Lessons are for children ages 5 and older.**

FISH: Advanced Beginner- This swimmer enjoys the water, eyes in but cannot swim on top of the water. Our goals for this level are for more independent swimming, catching a breath, introduction to freestyle and backstroke, and water safety skills.

DOLPHIN: Intermediate Swimmer- This swimmer can swim freestyle and backstroke, and is comfortable floating and kicking on their back. Our goals for this level are to swim the length of the pool freestyle and backstroke, introduce breaststroke and butterfly, and water safety skills.

SHARK: Advanced Swimmer- this swimmer knows the basic four strokes. Our goal for this level is to prepare the swimmer for lap swimming or swim team.

Aquatics Facilities & Staff

Auburn Racquet and Fitness Club provides state-of-the-art Aquatics Facilities for your Swim Lessons. Lessons are taught in our 20' x 50' warm water pool, which is kept at 86 degrees year-round. In the winter, a dome covers the lesson pool. This insures comfort for the children in the pool as well as family members sitting poolside. All ARFC instructors have gone through extensive training through the specialized swim lesson program at ARFC and are First Aid/CPR certified.

Whether the goal is to introduce swimming and water safety, learning to swim for fitness, or preparing for competition, our staff will get you there. Our goal is to help you become a competent swimmer, a confident swimmer, and a happy swimmer!

Thank you for enrolling! See you at the pool!

Session/Class Schedule

- Session I.....Jun 5 - 16
- Session II.....Jun 19 - 29
- Session III.....July 10 - 20
- Session IV.....July 24 - Aug 3
- Session V.....August 7- August 17

Each session has eight ½ hour classes

Classes are held Monday – Thursday.
They are 30 minutes in length.

Every effort will be made to accommodate your time block preference; however, there is no guarantee.

Cost: Members.....\$95.00
Non-Members.....\$115.00

Discounts

Sign up 7 or more days in advance of any session and receive a \$5 early registration discount!

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

Student Previous Water Experience _____

Student Name _____ Age _____ Member # _____

Address _____ City _____ Zip Code _____

Registration Fee _____ Early Reg. Discount _____ Net Reg. Fee _____ Receipt # _____

Parent Name _____ Phone (H) _____ (C) _____

Email Address _____

Session I Session II Session III Session IV Session V

FISH/Advanced Beginner DOLPHIN/Intermediate Swimmer SHARK/Advanced Swimmer

Time Block Preference: 9:15am – 1:45pm 3:30 – 6:30pm

Auburn Racquet & Fitness Club

Group Swimming Lessons



Low Teacher/Student Ratio



2017 Summer Specialized Group Swim Lessons



86-Degree Pool

Five Sessions
June 5 – August 17, 2016

*Private & Semi-Private Lessons
Also Available*

Auburn Racquet & Fitness Club

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