

# ARFC Private and Semi-Private Swim Registration Form

One Form Per Swimmer

Participant's Name \_\_\_\_\_ Age \_\_\_\_\_ Member # \_\_\_\_\_  
 Participant's Previous Water Experience \_\_\_\_\_  
 Address \_\_\_\_\_ City \_\_\_\_\_ Zip Code \_\_\_\_\_  
 Phone (C) \_\_\_\_\_ (H) \_\_\_\_\_ Email Address \_\_\_\_\_  
 Registration Fee \_\_\_\_\_ Receipt # \_\_\_\_\_

PRIVATE 4 Lessons \$120/\$150 6 Lessons \$150/\$180 8 Lessons \$180/\$210  
 SEMI-PRIVATE 4 Lessons \$180/\$240 6 Lessons \$240/\$300 8 Lessons \$300/\$360

LEVEL (see descriptions below): Level 1 Level 2 Level 3 Level 4 Advanced

I agree to participate in swim programs at Auburn Racquet & Fitness Club and hereby release and waive any and all rights and claims for damage I might have against Auburn Racquet & Fitness Club and its agents for any and all injuries which may be suffered by me in connection with participation in this program. Signature \_\_\_\_\_ Date \_\_\_\_\_

Visa and MasterCard Accepted

## Program Description

Private and Semi - Private Swim Lessons are offered year round at the Auburn Racquet & Fitness Club. Lessons are conducted in water temperature of 86 degrees. The pool is **bubble - enclosed** in the winter season to maintain water temperature.

## Pricing

**Private:** One student with one instructor  
**Semi-Private:** Two students with one instructor (students of similar water skill levels & ages)

Private	Member	Non-Member
(4) ½ hour lessons	\$120	\$150
(6) ½ hour lessons	\$150	\$180
(8) ½ hour lessons	\$180	\$210

Semi-Private	Member	Non-Member
(4) ½ hour lessons	\$180	\$240
(6) ½ hour lessons	\$240	\$300
(8) ½ hour lessons	\$300	\$360

On-going lessons rates are offered for **members only** with a reduction in cost

*Lesson schedule will be determined by the student and instructor. Private lessons may not be shared. A 24 hour cancellation notice is required or lesson is forfeited.*

Group Lessons are available for groups of 3 or more!

Contact Aquatics Director Bonnie Records  
**530-885-1602 ext.107**  
 for more information.



## Student Skill Levels

ARFC Aquatics method of swimming instruction is a series of progressions. Our Professional Swim Instructors evaluate and customize the lesson to the client's needs.

**Level 1-** This swimmer is not yet comfortable getting eyes/face wet. Goals for this level are comfort in the water, eyes in and blowing bubbles, supported front float/back float and water safety skills.

**Level 2 -** This swimmer enjoys the water, eyes in, but cannot swim on top of the water yet. Skills learned include independent front float/back float, rolling over to get a breath, jumping in and beginning dive, elementary backstroke, and safety skills.

**Level 3 -**This swimmer has passed Level 2 and is comfortable with all pre-stroke skills. Students will learn Freestyle and Backstroke, natural breathing patterns, and introduction of Butterfly and Breaststroke concepts.

**Level 4 -**This swimmer has a good understanding of all 4 strokes. Racing dives, flip turns, and other pre-swim team concepts will be the introduced.

**Advanced -** Past or current Stroke & Turn or Swim Team students looking to improve stroke and racing techniques, speed, and endurance in a more private setting. Students receive customized feedback and improve quickly.

## Instructors

ARFC's professional swim instructors are all Red Cross Lifeguard certified which includes First Aid and CPR for the Professional Rescuer. All instructors participate in extensive skills and techniques training; have a swimming background, and a love of teaching! Our Aquatics instructors introduce safety skills, beginner through advanced swimming strokes, water games, and diving skills.

# Auburn Racquet & Fitness Club

## Private and Semi-Private Lessons



## Private and Semi-Private Swim Lessons (Under 18 years old)



**Bubble -Enclosed, Year -  
Round Heated Pool**

### **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