

# ARFC Stroke & Turn Clinics

## AR&FC Stroke and Turn Clinics Registration Form One Form Per Student

Student's Name \_\_\_\_\_ Age \_\_\_\_\_ Member # \_\_\_\_\_

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

Session: I  II  III  IIII  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

### About the Clinics

Auburn Racquet & Fitness Club provides state-of-the-art Aquatics Facilities for their Stroke & Turn 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.**

### Coach Leah Cenatiempo:

Coach Leah has been coaching and teaching swim lessons for over 9 years. She swam for 2 years on the Sierra College Women's swim team, qualifying for state championships both years. Leah also headed the ARFC Sharks recreational swim team in 2018. You can also find Leah teaching swimming lessons and she looks forward to sharing her passion for aquatics with others.

### EFT Pricing Agreement

ARFC members (only) can save money by signing up for an EFT agreement:

4 month agreement: \$85 per session  
8 month agreement: \$75 per session

### Pricing

Cost Per 1st Swimmer.....\$105.00  
Cost Per 2nd Swimmer..... \$100.00  
Cost per 3rd Swimmer..... \$95.00

Cost per Non-Member add \$20.00 to each

### Schedule

Session I: January 8-31

Session 2: February 5-28

Session 3: March 5-28

Session 4: April 2-25th

### Clinics are held:

Tuesday, Wednesday & Thursday

4:00-5:00pm

**Our goal is to create a positive and safe environment for all of students and athletes. ARFC incorporates contemporary teaching and coaching methods that will enhance a swimmer's self esteem as well as performance.**

**The root of ARFC's teaching philosophy: hard work, and respect for yourself and others, and have fun.**

# Auburn Racquet & Fitness Club Stroke & Turn Clinics

*Get in the swim!*



## Winter/Spring 2019 Stroke & Turn Clinic



**All Levels Welcome**  
Ages 5-18

**January 8-April 25**

**Auburn Racquet & Fitness Club**  
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