

ARFC Stroke & Turn Clinics

Stroke and Turn Clinics Registration Form One Form per Student

About the Clinics

Auburn Racquet & Fitness Club's Stroke & Turn Clinics focus on improving stroke technique, physical conditioning, and overall fun. **This is not a swim lesson program.**

Coach Leah Cenatiempo

Coach Leah started competitive swimming at the age of eight and continued her swimming career swimming for Sierra College. Leah qualified for the State Championship for the Wolverines. Leah also headed the ARFC Sharks recreational swim team this year. You can also find Leah teaching swimming lessons for ARFC. Leah has a love for swimming and looks forward to sharing her passion for the sport with others.

EFT Pricing Agreement

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

4 month agreement: \$95 per session
8 month agreement: \$85 per session

Contact Emily Daley for an EFT agreement.
em@ar-fc.com.

Pricing

Members:

Cost Per 1st Swimmer: \$115.00/\$135(NM)
Cost Per 2nd Swimmer: \$110.00/\$130(NM)
Cost Per 3rd or more: \$105.00/\$125(NM)

NM=Non Member

Schedule

Session 1: August 4-27
Session 2: September 1-24
Session 3: October 6-29
Session 4: November 3-19*
Session 5: January 5-28
Session 6: February 2-25
Session 7: March 2-25
Session 8: April 6-29

***No Clinics Week of Thanksgiving**

Clinics Held:

Tuesday, Wednesday, and Thursday
Age 8 and under: 4pm-5pm
Age 9 and over: 5pm-6pm

MINI MEETS HELD THE LAST THURSDAY OF EVERY CLINIC!

We incorporate contemporary coaching methods that will enhance a swimmer's self esteem and performance.

**Emily Daley,
ARFC Aquatics Director**

Students Name: _____

Age: _____ Member #: _____

Address: _____

City: _____ Zip Code: _____

Email Address: _____

Parents Name: _____

Phone (H): _____ (W): _____

Check Session(s): 1 2 3 4 5 6 7 8

EFT Agreement: 4 8 Registration Fee: _____

Discount _____ Total _____ Receipt # _____

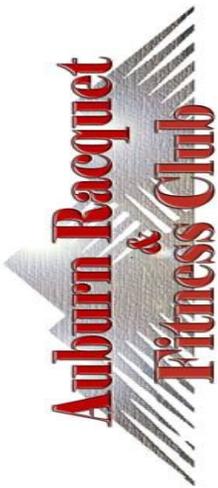
I give my permission for my child to participate in swim programs at Auburn Racquet & Fitness Club and hereby release waive any and all rights and claims for damage I might have against Auburn Racquet & Fitness Club and its agents for any all injuries which may be suffered by my child in connection with participation in this program.

Parent Signature _____ Date: _____

Visa and MasterCard Accepted

Auburn Racquet & Fitness Club Stroke & Turn Clinics

Just Keep Swimming!



Stroke & Turn Clinics



All Levels Welcome
Ages 5-18

Tuesday, Wednesday, Thursday
August 4th– April 29th

Auburn Racquet & Fitness Club
1255 Racquet Club Drive
Auburn, CA 95603
Phone: 530-885-1602
Email: info@ar-fc.com
Website: www.ar-fc.com