

# ARFC Stroke & Turn Clinics

## About the Clinics

ARFC 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, swimmers must be able to complete a freestyle lap and kick on their backs.**

This April, ARFC is offering a 4-week session. Clinics are held from 4:00-5:00 pm, Tuesday, Wednesday & Thursday with swimmers possibly grouped into two age categories: 5-8\* and 9-older.

Clinics will include sets, sprints, and feedback for stroke improvement and endurance.

**\* Some swimmers under 8 may swim with older kids with the coach's permission.**

## Aquatics Director, Emily Daley

Aquatics Director, Emily Daley oversees ARFC's Stroke & Turn Clinics. Emily swam competitively from age 7-19 and graduated from Sacramento State University with a BA in Child Development in 2000. Emily has been Head Coach for the league champion ARFC Sharks the past three years!

**Coach Leah.** 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.

## Pricing

Cost Per 1st Swimmer.....\$95.00  
Cost Per 2<sup>nd</sup> Swimmer.....\$85.00  
Cost Per 3<sup>rd</sup> Swimmer.....\$75.00

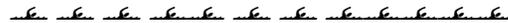
**Cost per Non-Member add \$20.00 to each**

## Schedule

**Session I: April 3 – April 26**

**Leah will be on deck.**

Clinics: Tuesday, Wednesday, Thursday:  
4:00-5:00pm



Our goal is to create a positive and safe environment for 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 oneself and others, and fun.**



## ARFC Stroke & Turn Clinics Registration Form

One Form Per Student

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

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

Session:  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

**Auburn Racquet & Fitness Club**  
**Stroke & Turn Clinics**

*Get in the swim!*



**April 2018**  
**Stroke & Turn Clinic**



**All Levels Welcome**  
**Ages 5-18**

**April 3 – 26, 2018**

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