

Group Swim Lessons

2022

ALL I WANT
TO DO IS
SWIM

**Auburn Racquet
&
Fitness Club**

Group **Swim Lessons**

June 6–August 12

Private & Semi-Private Lessons are also Available



AGES 5 AND UP!

**Auburn Racquet
&
Fitness Club**

Auburn Racquet & Fitness Club

1255 Racquet Club Drive

Phone: 530-885-1602

Email: Leah@ar-fc.com

www.ar-fc.com



Group Swim Lessons

One Form per Swimmer

Group Lesson

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 makeup 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 Information

ARFC's swimming instructors are all First Aid/CPR certified. ARFC's instructors participate in water skills and technique training; have a swimming background, and a love and appreciation for the water!

Whether the goal is introducing 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, confident, and happy swimmer!

Pricing and Schedule

Group Lessons are held Monday through Thursday.

- Session 1: June 6-16
- Session 2: June 20-30
- Session 3: July 5*-14
- Session 4: July 19-29
- Session 5: August 2-12

*Session 3 held Tuesday-Friday 7/5-7/8

Each session has eight, 30-minute classes.

Prices:

- Members:** \$115
- Non-Members:** \$135

A 24-hour cancellation notice is required or the lesson will be forfeited.

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

Thank you for enrolling! We will see you at the pool!

Swimmer's Name: _____

Member Number: _____ Birthdate: _____

Address: _____

City: _____ Zip Code: _____

Parent's Name: _____

Email Address: _____

Phone: _____

Choose Session(s):

- Session 1: June 6-16
- Session 2: June 20-30
- Session 3: July 5-14
- Session 4: July 19-29
- Session 5: August 2-12

Choose PREFERRED time block:

- Beginner: 4 PM-4:30 PM
- Intermediate: 4:30-PM-5 PM

Prices:

- Members:** \$115
- Non-Members:** \$135

Choose One Swim Level:

Frog: Fish: Dolphin: Shark:

Price: _____

Receipt Number: _____

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 damages I might have against Auburn Racquet & Fitness Club and its agents for any and all injuries which may be suffered by my child in connection with participation in this program.

Signature: _____

Date: _____