

# Group Swim Lessons 2023



**Auburn Racquet  
&  
Fitness Club**

## G<sub>roup</sub> Swim Lessons

**June 5 - August 3, 2023**

Private & Semi-Private Lessons are also Available



**Ages Two Years and up!**

**Auburn Racquet  
&  
Fitness Club**

**Auburn Racquet & Fitness Club**

1255 Racquet Club Drive

Phone: 530-885-1602

Email: [info@ar-fc.com](mailto:info@ar-fc.com)

[www.ar-fc.com](http://www.ar-fc.com)



## 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.
- Ages two and older.

### Skill Levels

ARFC Aquatics method of swimming instruction is a series of progressions. Our instructors break down a skill and put it back together. As one skill is mastered, the swimmer advances to the next progression. Upon completion at each level, the swimmer will receive a Certificate of Accomplishment and move to the next skill level.

**FISH:** This swimmer enjoys the water, is comfortable putting the face under the water, but cannot swim on top of the water just yet. The focus, for this level, is more independent swimming...taking a breath, free-style, backstroke, and water-safety skills.

**DOLPHIN:** This swimmer can swim freestyle and backstroke, and is comfortable floating and kicking on their back. The focus, for this level, is to swim the length of the pool, freestyle, backstroke, and introduce breaststroke, butterfly, and continue water-safety skills.



## 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

#### Monday through Thursday

Session 1:	June 5 <sup>th</sup> -13 <sup>th</sup>
Session 2:	June 19 <sup>th</sup> -29 <sup>th</sup>
Session 3:	July 10 <sup>th</sup> -20 <sup>th</sup>
Session 4:	July 24 <sup>th</sup> -August 3 <sup>rd</sup>

Each session has eight, 30-minute classes.

### Prices:

**Members:** \$150

**Non-Members:** \$185

*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!

# Group Swim Lessons

One Form per Swimmer

Swimmer's Name: \_\_\_\_\_

Member Number: \_\_\_\_\_ Birthdate: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Parent's Name: \_\_\_\_\_

Email Address: \_\_\_\_\_

Phone: \_\_\_\_\_

### Choose Session (s):

Session 1: June 5<sup>th</sup>-13<sup>th</sup> ☐

Session 2: June 19<sup>th</sup>-29<sup>th</sup> ☐

Session 3: July 10<sup>th</sup>-20<sup>th</sup> ☐

Session 4: July 24<sup>th</sup>-August 3<sup>rd</sup> ☐

### Choose PREFERRED time block:

☐ Fish: 5 PM-5:30 PM

☐ Dolphin 5:30 PM-6 PM

### Prices:

**Members:** \$150 ☐ **Non-Members:** \$185 ☐

**Price:** \_\_\_\_\_

**Receipt Number:** \_\_\_\_\_

I give my permission for my child to participate in swim programs at Auburn Racquet & Fitness club and hereby release and 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 or viruses, which may be suffered by my child in connection with participation in this program.

**Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_