

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 May, ARFC is offering a 5-week session. Clinics are held from 4:00-5:45pm, Tuesday through Friday swimmers possibly grouped into two age categories: 6-8* 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.....\$110.00
Cost Per 2nd Swimmer.....\$105.00
Cost Per 3rd Swimmer.....\$100.00

Cost per Non-Member add \$20.00 to per child.

Schedule

May Session April 30-May 31

Leah will be on deck.

Clinics: Tuesday—Friday:
4:00-4:45pm (ages: 6 under, 7-8yrs)
4:45-5:45pm (all other ages)

GROUP TIMES MAY
BE SUBJECT TO CHANGE.

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: May 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!



May 2019
Stroke & Turn Clinic



All Levels Welcome
Ages 6-18

April 30 – May 31, 2019

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