

Swim with the ARFC Sharks!

Auburn Racquet  
&  
Fitness Club

## Summer Recreational Junior Swim Team

2023

Ages 5-18

All Levels Welcome!



ALL I WANT  
TO DO IS  
SWIM

Register Now!

Season

June 6-July 30, 2023

Auburn Racquet & Fitness Club

1255 Racquet Club Drive

Phone: 530-885-1602

Email: Leah@ar-fc.com

www.ar-fc.com

Auburn Racquet  
&  
Fitness Club

## ARFC Sharks

ARFC's summer recreational swim team program will focus on improving competitive stroke technique, physical conditioning, and overall fun. The program is open to swimmers 5-18 years of age and runs from **June 6<sup>th</sup>-July 30<sup>th</sup>, 2023**. The season consists of daily practice, stroke technique instruction, and dual meets with local clubs, league championships, and a season-ending **barbecue on July 30<sup>th</sup>**. Each child will have the opportunity to compete in individual and relay events. Team and individual photos are included.

As members of the Foothill Swim League, some of the teams ARFC's Sharks will swim against are Auburn Lake Trails, Lake of the Pines, Grass Valley, Foresthill and Lake Wildwood. **League Championships** are scheduled for **July 29<sup>th</sup>, 2023**. The final event of the season will be our awards BBQ on Sunday **July 30<sup>th</sup>**!

Beginning Tuesday, **June 6<sup>th</sup>**, practices will be held throughout the day. **Time trails** will be held **Saturday, June 10<sup>th</sup>**. The coaching staff groups swimmers according to age and ability. Every effort will be made to accommodate families with multiple swimmers of different ages and levels.



## AQUATIC STAFF

**Leah Cenatiempo, Aquatic Director.** Leah started swimming at age 8 and swam for 10 years with the Rollingwood Rockets in Fair Oaks, California. After graduation, she swam for 2 years on the Sierra College Women's swim team, qualifying for state champion-ships both years. Leah has been coaching and teaching swim lessons since age 14 and has now been teaching for over 10 years. She is experienced in teaching ages 6 months to adults. Leah has been coaching ARFC's Stroke 'n' Turn Clinics since 2017.

## KICK OFF PIZZA PARTY FRIDAY MAY 5<sup>th</sup> at 6 PM

### EARLY REGISTRATION DISCOUNT

Receive \$20 discount, per swimmer, if you register before May 5<sup>th</sup>!

#### Pricing Information:

First Child: \$220 Members/\$255 Non-Members  
Second Child: \$210 Members/\$245 Non-Members  
Three Plus: \$200 Members/\$235 Non-Members

#### Team Swimsuit Prices:

##### Members and Non-Members

Boys: \$49.99 Girls: \$79.99

**The purchase of team swimsuits is mandatory.**

*(Price is for the entire season.)*

## Swim Team Registration Form

One Form per Child

Child's Name: \_\_\_\_\_

Age: \_\_\_\_\_ Birthdate: \_\_\_\_\_

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

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

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

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

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

Member 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: \_\_\_\_\_

**Registration Fee:** \$ \_\_\_\_\_

Discount: \$ \_\_\_\_\_

Girls Swimsuit Price: \$79.99

**Girls Swimsuit Size:** \_\_\_\_\_

Boys Swim Suit: \$49.99

**Boys Swim Suit Size:** \_\_\_\_\_

**Volunteer Fee:** \$250

**Total Enclosed:** \$ \_\_\_\_\_

**Receipt #:** \_\_\_\_\_