

Swim with the ARFC Sharks!

**Auburn Racquet  
&  
Fitness Club**

**Summer Recreational  
Sharks Swim Team**

**2026**

Ages 5-18

All Levels Welcome!

ALL I WANT  
TO DO IS  
**SWIM**



**Register Now!**

**Season**

**June 2<sup>nd</sup>-August 1<sup>st</sup>, 2026**

**Auburn Racquet & Fitness Club**

1255 Racquet Club Drive

Phone: 530-885-1602

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

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

**Auburn Racquet  
&  
Fitness Club**

## ARFC SHARKS

ARFC's summer recreational swim team program will focus on improving competitive stroke technique, conditioning, speed, and overall fun. The program is open to swimmers 5-18 years of age and runs from June 2<sup>nd</sup>- August 1<sup>st</sup>. The season consists of daily practice, dual meets and a league championship. Each child will have the opportunity to compete in individual and relay events. Team and individual photos included. **Swimmers must be able to swim the length of the pool independently to join the Sharks Swim Team.**

As members of the Foothill Swim League, ARFC's Sharks will swim against Auburn Lake Trails, Lake of the Pines, Grass Valley, Foresthill, and Lake Wildwood. League Championship is scheduled for August 1<sup>st</sup>. The final event of the season will be our awards BBQ on Sunday, August 2<sup>rd</sup>!

**Time trials Saturday, June 13<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.

### Sharks' Swimsuits are Mandatory:

All Sharks Swimmers must purchase a team swimsuit.

**Please scan the QR to order your suit today!** Visit

Swim Outlet at or scan the QR Code:

[www.swimoutlet.com/collections/sharksswimteam](http://www.swimoutlet.com/collections/sharksswimteam)



## SHARKS SWIM TEAM STAFF

### Bree Renz, Head Coach

Bree began competitive swimming at age 7 in a summer league in New Jersey, quickly advancing to AAU teams led by Olympic coaches. She won numerous AAU titles and set records in state championship meets over her career. Bree's passion for swimming went beyond personal success. She began coaching local summer teams while in college. Then a move to Colorado opened up an opportunity to coach a year-round AAU swim team.

### Matt Rohloff, Assistant Coach

Matt started competitive swimming at the age of 6 with a summer swim team in Illinois. He continued to swim in his youth with the YMCA and community swim team, attending many invitationals and Jr. National events. He was the captain of his High School swim team, breaking many school records. After swimming in college, Matt coached at a summer swim team before coaching a year-round USA swim team in Wisconsin.

**Our coaches have years of experience developing and running programs to improve technique, flexibility, strength, stamina, and speed.**

## KICK OFF PIZZA PARTY

FRIDAY, MAY 1<sup>st</sup> @ 6:00 PM

### EARLY REGISTRATION DISCOUNT

Receive \$20 discount, per swimmer, if you register **BY MAY 1<sup>st</sup>**!

#### Pricing Information:

First Child: \$240 Members/\$275 Non-Members  
Second Child: \$230 Members/\$265 Non-Members  
Three Plus: \$220 Members/\$255 Non-Members

## 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: \$ \_\_\_\_\_

**Volunteer Fee:** \$250 (MUST PAY BY CHECK)

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

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