

2016 Swim Team Swim Lessons (One form per student)

Participant Previous Water Experience _____

Participant Name _____ Age _____ Member # _____

Address _____ City _____ Zip Code _____

Phone (C) _____ (H) _____ Email Address _____

Registration Fee _____ Receipt # _____

PRIVATE 4 Lessons \$120 / \$150 6 Lessons \$150 / \$180 8 Lessons \$180 / \$210

SEMI-PRIVATE 4 Lessons \$180 / \$240 6 Lessons \$240 / \$310 8 Lessons \$300 / \$360

LEVEL DOLPHIN/Intermediate SHARK/Advanced

I agree to participate in swim programs at Auburn Racquet & Fitness Club and hereby release and waive any and all rights and claims for damage I might have against Auburn Racquet & Fitness Club and its agents for any and all injuries which may be suffered by me in connection with participation in this program.

Signature _____ Date _____

2016 Swim Team Swim Lessons

Description

Swim Team Swim Lessons are designed to bridge the gap between the "learn-to-swim" swimmers, and the "swim-team-ready" swimmers.

Safety and beginning swimming skills are developed through Swim Lessons. Swimmers who are ready for a Swim Team practice or Stroke & Turn Clinic workout require stronger technique, breathing, and endurance. Swim Team Swim Lessons will provide the necessary skill sets and coaching to accelerate the swimmer to the next level.

These lessons will be conducted in the lap pools to build endurance, and will be taught by one of ARFC's Swim Coaches.

Lessons will focus on:

- * Proper breathing/side breath technique
- * Dives, relay starts, and racing dives
- * Flip turns
- * Refinement of Freestyle and Backstroke to meet stroke & turn requirements
- * Introduction to Butterfly and Breaststroke

Aquatics Staff

ARFC's Swimming Instructors and Coaches are all First Aid & CPR certified, participate in water skills and technique training, have a swimming background, and a love and appreciation for the water!

Whether the goal is to introduce 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 swimmer, a confident swimmer, and a happy swimmer!

Thank you for enrolling! See you at the pool!

Skill Levels

Dolphin/Intermediate Swimmer-

This swimmer can swim freestyle and backstroke and is comfortable floating and kicking on their back.

Shark/Advanced swimmer-

This swimmer knows the basic four strokes.

Pricing

<u>Private</u>	<u>Member</u>	<u>Non-Member</u>
4 half hour lessons	\$120	\$150
6 half hour lessons	\$150	\$180
8 half hour lessons	\$180	\$210

<u>Semi-private</u>	<u>Member</u>	<u>Non-member</u>
4 half hour lessons	\$180	\$240
6 half hour lessons	\$240	\$300
8 half hour lessons	\$300	\$360

*Lessons are 30 minutes in length. Schedule will be determined by the student and instructor.
Private lessons may not be shared.
A 24 hour cancellation notice is required or lesson is forfeited.*

Auburn Racquet & Fitness Club

Swim Team Swimming Lessons



Swim Team Swimming Lessons



Year-Round Heated Pool

Auburn Racquet & Fitness Club

1255 Racquet Club Drive

Auburn, CA 95603

Phone: 530-885-1602

Email: info@ar-fc.com

Website: ar-fc.com