

Let's Keep Swimming!

ALL I WANT
TO DO IS
SWIM

**Auburn Racquet
&
Fitness Club**

Swim Clinic Programs

Stroke 'n' Turn Clinics

Jump-Start Clinics



Clinics Start: January 6, 2026

**Auburn Racquet
&
Fitness Club**

Auburn Racquet & Fitness Club

1255 Racquet Club Drive

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www.ar-fc.com

Stroke 'n' Turn Clinics

Stroke 'n' Turn clinics focus is on improving technique, conditioning, and performance. It is also fun for ages 7-18. **These are not swim lessons.**



Tuesdays, Wednesdays, Thursdays

Session 1: January 6th-29th

Session 2: February 3rd-26th

Session 3: March 3rd-26th

Session 4: April 7th-30th

Intermediate*: 4:00 PM-5:00 PM

Intermediate level must be 7 years of age, unless approved by the coach. One year on the Sharks Swim Team or Swim Clinic. A solid freestyle and backstroke. Basics of the other two strokes.

Advanced Level*: 5:00 PM-6:30 PM

Advanced level must be 11 years of age, unless approved by the coach. One year on Sharks Swim Team. Proficient in four strokes.

Pricing

1st Swimmer: \$125 (M) / \$145 (NM)

2nd Swimmer: \$120 (M) / \$140 (NM)

Three or more: \$115 (M) / \$130 (NM)

EFT Pricing Agreement

ARFC members can save money by signing up for an EFT agreement. *Applies to ARFC members only.*

Four-month agreement: \$95 per session

Jump-Start Swim Clinics

We're offering clinics for our youngest swimmers that are ready to learn the foundational skills they need to swim well. *These are not lessons for kids that need to learn water safety skills.*

The early clinics start with Freestyle, focusing on body positioning and breathing. Once learned, we add in Freestyle kicking, then pulling, and finally the full stroke. Backstroke is introduced next, in a similar progression.

As soon as Freestyle and Backstroke skills are locked in by muscle memory, later clinics can also focus on Breaststroke and Butterfly, as well as starts and turns.

These clinics will get our youngest ready for May Swim Clinic and Sharks Swim Team.

Tuesdays, Wednesdays, Thursdays

3:30PM-4:00 PM

Session 1: January 6th-29th

Session 2: February 3rd-26th

Session 3: March 3rd-26th

Session 4: April 7th-30th

Pricing: \$110 M/ \$125 NM

About the Coach/Director

Bree Renz is a highly accomplished swimmer and coach. Bree's passion is to help youth cultivate essential swimming techniques, build confidence and character, develop strength and speed, nurture team spirit, and embrace good sportsmanship.

Swim Clinic Registration Form

2026 One Form per Child

Child's Name: _____

Member Number: _____

Age: _____ Birthdate: _____

Address: _____

City: _____ Zip Code: _____

Parent's Name: _____

Phone: _____

Email Address: _____

Stroke 'n' Turn Program:

1st Swimmer: \$125 (M) ☐ \$145 (NM) ☐

2nd Swimmer: \$120 (M) ☐ \$140 (NM) ☐

Three or more: \$115 (M) ☐ \$130 (NM) ☐

Jump-Start Program:

\$110 (M) ☐ \$125 (NM) ☐

Session 1: January 6th-29th ☐

Session 2: February 3rd-26th ☐

Session 3: March 3rd-26th ☐

Session 4: April 7th-30th ☐

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: _____