

ARFC Summer Recreational Swim Program

Swim With The 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 1 – July 31. The season consists of daily practice, stroke technique instruction, and dual meets with local clubs, league championships, and a season ending barbecue bash on July 31. Each child will have the opportunity to compete in individual and relay events. Team & individual photos 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 30. The final event of the season will be our awards barbecue on Sunday, July 31!

Practices are held **Tuesday through Friday** at ARFC's Aquatic Center, featuring its two 6-lane, 25-yard pools. **June 1-June 3 practice times will be between 3:30 and 6:30pm. Beginning Tuesday, June 7, practices will be held throughout the day. Time trials will be held Saturday, June 11th.** 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.

For more information, please contact ARFC at 885-1602.

ARFC Coaching Staff Emily Daley/ Head Coach

Emily swam competitively from age 7-19 years old on several teams including Arden Hills and Capital City Aquatics. She graduated from Sacramento State University with a Bachelor's in Child Development in 2000. She worked for Sea Otter Swimming Lessons from 2000-2003 as a pool manager, swimming instructor and developed and coached the non-competitive swim team. Emily joined ARFC as the Aquatics Director in 2013.

Presley Wetterstrom/Assistant Head Coach

Presley started swimming at age 10 for the ARFC Sharks. At age 14 she started swimming for the year-round competitive team, CCA. She graduated from Colfax High to attend and sim for Washington State University. In June 2016, Presley will compete in the 200-yard breaststroke at the US Olympic Trials!

\$10 Discount if registered by Sunday, May 8, For Registration Fees!!!!!!!!!!

Member Pricing Information

Fees:	First Child	\$199
	Second Child	\$189
	Third or more Children	\$179

Add \$30 To Each For Non-Members

Swim Suits, Members & Non-Members

Boys: \$39.99 Girls: \$54.99

Price is for the entire recreational season. Team suits are mandatory! No Prorations!

Swim Team Registration Form

One Child per Registration Form Please

Child's Name _____ Age _____ Birthdate _____

Address _____

Parent's Name _____ Phone (H) _____ (W) _____

Email Address _____ Member # _____

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.

Signature _____ Date _____

Registration Fee	_____
Swim Suit Fee	_____
Volunteer Fee	75 _____
Total Enclosed	_____
Boys size (waist size)	_____
Girls size (see chart)	_____
Receipt #	_____

Visa and MasterCard Accepted

Swim with the ARFC Sharks



Summer Recreational Junior Swim Team Program

Ages 5 – 18

All Levels Welcome!



Get in the Swim

Early Registration Period

May 1 - 8*

Register during this week for
discounted registration fees!

Season

June 1 – July 31, 2016

Auburn Racquet & Fitness Club

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Email: info@ar-fc.com

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