

**GET READY FOR SHARKS SWIM
TEAM JOIN MAY STROKE 'n' TURN!**

ALL I WANT
TO DO IS
SWIM

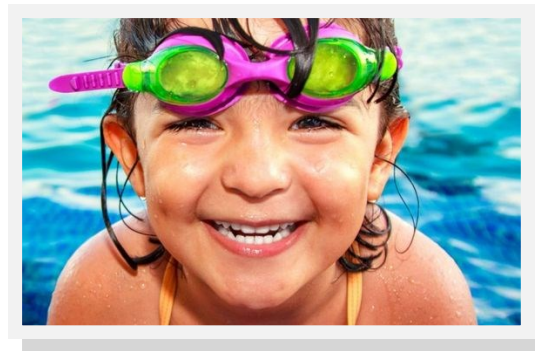
**Auburn Racquet
&
Fitness Club**

**Auburn Racquet
&
Fitness Club**

Stroke 'n' Turn Clinics

Ages 5-18

All Levels Welcome!



September 6th-April 27th

Auburn Racquet & Fitness Club

1255 Racquet Club Drive

Phone: 530-885-1602

Email: Leah@ar-fc.com

www.ar-fc.com

About the Program

The focus of ARFC's Stroke 'n' Turn clinic is on improving technique and conditioning. It's designed for ages 5-18, and it's fun! This is not a "swim lesson" program. **We focus on new and improved techniques and training.**

About the Director

Coach Leah started competitive swimming at the age of eight and continued her swimming career swimming for Sierra College. Leah qualified for the State Championship for the Wolverines. Leah also headed the ARFC Sharks recreational swim team this year. You can also find Leah teaching swimming lessons for ARFC. Leah has a love for swimming and looks forward to sharing her passion for the sport with others.

EFT Pricing Agreement

ARFC members (only) can save money by signing up for an EFT agreement:

3 month agreement: \$95 per session
7 month agreement: \$85 per session

Contact Leah Cenatiempo for an EFT agreement.
leah@ar-fc.com

Pricing

1st Swimmer: \$115.00/\$135 Non Members
2nd Swimmer: \$110.00/\$130 Non Members
3rd or more: \$105.00/\$125 Non Members

Schedule

Tuesdays, Wednesdays, Thursdays

Session 1: September 6th-29th
Session 2: October 4th-27th
Session 3: November 1st-December 1st

**NO CLINIC THANKSGIVING BREAK
NO DECEMBER SESSION**

Session 4: January 10th-February 2nd
Session 5: February 7th-March 2nd
Session 6: March 7th-30th
Session 7: April 4th-27th

Beginner/Intermediate: 4:30 PM-5:30 PM
Advanced Level*: 5:30 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 all four strokes. All must be pre-approved.*

Stroke 'n' Turn Registration Form

One Form per Child

Child's Name: _____

Member Number: _____

Age: _____ Birthdate: _____

Address: _____

City: _____ Zip Code: _____

Parent's Name: _____

Phone: _____

Email Address: _____

1st Swimmer: \$115M \$135(NM)

2nd Swimmer: \$110M \$130(NM)

Three or more: \$105M \$125(NM)



Session 1:
Session 2:
Session 3:
Session 4:
Session 5:
Session 6:
Session 7:



Price: _____

Receipt 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: _____