

Swim with the ARFC Sharks!

**Auburn Racquet
&
Fitness Club**

**Summer Recreational
Sharks Swim Team**

2024

Ages 5-18

All Levels Welcome!

ALL I WANT
TO DO IS
SWIM



Register Now!

Season

June 11th-August 3rd, 2024

Auburn Racquet & Fitness Club

1255 Racquet Club Drive

Phone: 530-885-1602

Email: Bree@ar-fc.com

www.ar-fc.com

**Auburn Racquet
&
Fitness Club**

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 11th - August 3rd, 2024**. The season consists of daily practice, stroke technique instruction, and dual meets with local clubs, league championships, and a season-ending **barbecue on August 4th**. Each child will have the opportunity to compete in individual and relay events. Team and 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 **August 3rd, 2024**. The final event of the season will be our awards BBQ on Sunday **August 4th**!

Beginning Tuesday, **June 11th**, practices will be held throughout the day. **Time trails** will be held **Saturday, June 15th**. 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 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 3RD @ 5 PM

EARLY REGISTRATION DISCOUNT

Receive \$20 discount, per swimmer, if you register **BY MAY 3RD**!

Pricing Information:

First Child: \$220 Members/\$255 Non-Members
Second Child: \$210 Members/\$245 Non-Members
Three Plus: \$200 Members/\$235 Non-Members

The purchase of team swimsuits is mandatory.

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: \$ _____

Girls Swimsuit Price: \$ _____ (Mandatory)

Girls Swimsuit Size: _____

Boys Swim Suit: \$ _____ (Mandatory)

Boys Swim Suit Size: _____

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

Total Enclosed: \$ _____

Receipt #: _____