

ARFC Summer Recreational Swim Program

Swim With The 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. Our season consists of daily practice, stroke technique instruction, and dual meets with local clubs, league championships, and a season ending barbecue bash on August 1. 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 31. The final event of the season will be our awards barbecue on Aug. 1!

Practices will be held from 4:30 – 6:30 PM, Tuesday through Thursday (**June 1 – June 10**) at the Auburn Racquet & Fitness Club Aquatic Center, featuring its 6-lane, 25-yard pool. Time trials will be held Saturday, June 12th. The coaching staff... according to age and ability... groups swimmers. Every effort will be made to accommodate families with multiple swimmers of different levels. **Club members have priority!**

Beginning Monday, June 14, practices will be held in the mornings, Mon – Thurs 9AM – Noon.

For more information, please contact AR&FC at 885-1602.

ARFC Coaching Staff

Bonnie Records/Head Coach

Education/Experience

- 11 years red cross swim lessons including three years as ARFC swim lesson manager
- Taught students ranging in ages eight months to 70 years of age
- Eleven years lifeguard experience including head lifeguard at ARFC for 3 years
- Sierra College swim conditioning
- Certifications that include WSI Red Cross, EMT/CPR-PRO, AED/First Aid
- USA Swimming Certified Coach

Derek Buda/Assistant Head Coach

Derek has been a mainstay on the Auburn Racquet & Fitness Club Sharks for many years. He swam varsity all through high school, was undefeated League Champion in his senior year, and holds multiple league records. Derek has assisted and coached high school teams, and has taught ARFC's Stroke & Turn clinics.

Steve Casperite/Team Consultant

Former coach Steve will consult for the Team and assist Bonnie where necessary.

*** \$10 Discount if registered by May 10**

Member Pricing Information

Fees:	First Child	\$185
	Second Child	\$170
	Third or more Children	\$155

Add \$20 For Non-Members

Swim Suits, Members & Non-Members

Boys: \$40 Girls: \$54

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 _____

Visa and MasterCard Accepted

Registration Fee	_____
Swim Suit Fee	_____
Boys \$40	
Girls \$54	
Boys size (waist size)	_____
Girls size (see chart)	_____
Total Enclosed	_____
Receipt #	_____

Swim with the Sharks



1255 Racquet Club Drive
Auburn, CA 95603
www.ar-fc.com



Summer Recreational Junior Swim Team Program

Ages 5 – 18

All Levels Welcome!



Get in the Swim

Registration Week

May 3 – May 10*

Register during this week for discount!

Season: June 1 – August 1

Auburn Racquet & Fitness Club

1255 Racquet Club Drive

Auburn, CA 95603

Phone: 530-885-1602

Email: info@ar-fc.com

Website: ar-fc.com