

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 30. Our 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 July 31!

Practices will be held from 4:30 – 6:30 PM, Tuesday through Thursday (**June 1 – June 9**) at the Auburn Racquet & Fitness Club Aquatic Center, featuring its 6-lane, 25-yard pool. 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 levels. **Club members have priority!**

Beginning Tuesday, June 14, practices will be held in the mornings, Tues-Fri 9AM – Noon.

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

ARFC Coaching Staff

Steve Casperite/Head Coach

Steve has been swimming since age three and has been competing since age 11. From ages 14 to 17 he was one of the top five fastest 500 & 200-yard free stylists in the nation. He was a high school and college All-American in both water polo and swimming, and has been coaching swimming since age 18.

Anthony Giuliani/Assistant Head Coach

Anthony began swimming at age 7 for the ARFC Sharks. In 2005 he joined various year-round swim programs and began teaching swim lessons at Bear River 2007. In 2010, Anthony began teaching swim lessons at ARFC and given his interest & experience in the competitive side of swimming, has been hired to assist Coach Casperite. Welcome Anthony!

Bonnie Records/Team Consultant

Former Sharks Head Coach & ARFC Aquatics Director will consult for the Team and assist Steve where necessary.

*** \$10 Discount if registered by May 9***

Member Pricing Information

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

Add \$30 To Each For Non-Members

Swim Suits, Members & Non-Members

Boys: \$45 Girls: \$55

**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 \$45	
Girls \$55	
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 2 – May 9*

Register during this week for discount!

Season: June 1 – July 31, 2011

Auburn Racquet & Fitness Club

1255 Racquet Club Drive

Auburn, CA 95603

Phone: 530-885-1602

Email: info@ar-fc.com

Website: ar-fc.com