

AR&FC Winter 2012 Swimming Lessons

AR&FC Swim Registration Form – One Form Per Person Please

Student's Previous Water Experience _____

Student's Name _____ Age _____ Member # _____

Address _____ City _____ Zip Code _____

Registration Fee _____ Early Reg. Discount _____ Net Reg. Fee _____ Receipt # _____

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

Email Address _____

Sess I Sess II Sess III Sess IV

Preschoolers AND/OR Beginners Intermediates AND/OR Advanced

Time Block Preference: 10:30 – 11:30 am **OR** 4:30 – 5:30 pm

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.

Parent's Signature _____ Date _____

Visa and MasterCard Accepted

Level Descriptions

Classes are conducted with a water temperature of 86 degrees in a bubble-enclosed pool for maximum comfort. Four ½ hour classes are structured in two-week sessions.

- No split sessions
- No make up sessions
- Must be a minimum of three children to make a class. Semi-private lessons are available.
- Payment ensures spot, first come, first served

Parent/Child Aquatics Program

Buoy Babies, Ages 8mos - 2 yrs: Parents assist children in building on what comes naturally including: back floats, rollovers, support holds, cues, safety and submersion. **“New”...Self Rescue safety!** Parents will learn to tread water with child. 8:1 class ratio.

Classes at this level are available by request only
Please see the Private & Semi-Private Lessons brochure for package options.

Preschoolers, Age 3: Optional parental assistance: child will submerge in a rhythmic pattern, entry/exit, passing, kicking, bubbles, back floats and rollovers. **“New”...Self Rescue safety!** 4:1 class ratio.

Beginning, Ages 4-12: This class is for anyone new to swimming with little or no experience. Elementary aquatics & locomotion skills such as bubbles, bobs, breathing, floats, torpedoes, alternating arm & leg action, rollovers & basic safety skills. 4:1 class ratio.

Intermediate, Ages 4-12: Must be able to float on back & front and rollover. All strokes are introduced at the basic level. Must be able to swim one lap unassisted. Diving included. 4:1 class ratio.

Advanced, Ages 4-12: Must be able to perform all strokes at a basic level. Will learn treading, flip-turns, breathing in a rhythmic pattern, diving & swim team skills. 6:1 class ratio.

Aquatics Facilities & Staff

Auburn Racquet and Fitness Club provides state-of-the-art Aquatics Facilities for your Swim Lessons. Lessons are taught in our 20' x 50' warm water pool, which is kept at 86 degrees year-round. In the winter, a dome covers the lesson pool. This insures comfort for the children in the pool as well as family members sitting poolside. All ARFC instructors are Water Safety and CPR Certified.

Director Bonnie Records has taught swim lessons for over 10 years! She has taught students from ages 8 months to 70 years. Her approach is to eliminate fear by teaching “self-rescue” safety techniques boosting confidence and safety. Bonnie’s certifications include EMT/CPR PRO, Lifeguard, AED/First Aid, Water Safety, & Head Coach.

Thank you for enrolling! See you at the pool!

Session/Class Schedule

- Session I.....January 3 - 12
- Session II.....January 17 – 26
- Session III.....February 7 - 16
- Session IV.....February 21 – March 1

Each session has four ½ hour classes
Classes are held twice per week (Tuesdays and Thursdays) and are 30 minutes in length.

Every effort will be made to accommodate your time block preference; however, there is no guarantee.

Cost: Members.....\$55.00
Non-Members.....\$75.00

Discounts

Sign up 7 or more days in advance of any session and receive a \$5 early registration discount!

Auburn Racquet & Fitness Club

Group Swimming Lessons



Low Teacher/Student Ratio



Winter Group Swim Lessons



86-Degree Pool

Four Sessions
January 3 – March 1, 2012

*Private & Semi-Private Lessons
Available*

Auburn Racquet & Fitness Club

1255 Racquet Club Drive

Auburn, CA 95603

Phone: 530-885-1602

Email: info@ar-fc.com

Website: ar-fc.com