

ARFC Winter/Spring 2012 Stroke & Turn Clinics

AR&FC Stroke and Turn Clinics Registration Form One Form Per Student

Clinic Details

ARFC is headed for year-round excitement as we bring swimmers to the next level. These Fall clinics will simulate a year-round swim team moving swimmers to excellence. Technique, conditioning, and handouts are just some of the clinic details. We hope you take this challenge and meet us at the pool!

This is not a swim lesson program.

These four sessions consist of 3 workouts per week, from 3:30 – 4:30 pm, Tuesdays, Wednesdays, & Thursdays. Clinics consist of workouts in and out of the pool and Nutrition Basics for enhanced athletic performance.

Coach Lisa Huerta

Coach Lisa has achieved certification through Aquatic Exercise Association (AEA), American Red Cross Arthritis Therapy Training, as well as CPR, AED and Lifeguard certifications. Loving all areas of the water, Lisa also swims as a USA Masters Swimmer, is a Swim Team Head coach, is a Certified USA Stroke and Turn Official and recently swam in the Alcatraz Invitational Open Water Shark Swim in the S.F. bay.

Director Bonnie Records

Director Bonnie Records experience includes the teaching of swim lessons for over 10 years, Head Swim Team Coach, and Swim Conditioning at Sierra College.

Her approach is to take the fear out of being in the water and turn that fear into confidence and safety. Coach Bonnie's certifications include EMT/CPR PRO, Lifeguard, AED/First Aid, and Water Safety.

Pricing

Price Per Session

Cost Per 1st Swimmer.....\$80.00
Cost Per 2nd Swimmer.....\$75.00
Cost Per 3rd Swimmer.....\$70.00
Cost Per Non-Member.....Add \$20 to each

Register for all 4 sessions....get \$10 off each session

Schedule

Session I: January 3 - 26

Session II: Jan 31 - Feb 23

Session III: March 6 - 29

Session IV: April 3 - 26

Clinics are held Tues/Wed/Thurs
3:30pm – 4:30pm (*times subject to change*)

Coach Lisa will be on the deck and
Director Bonnie will assist when needed.



Our goal is to create a positive and safe environment for all students and athletes.

We incorporate contemporary teaching and coaching methods that will enhance a swimmer's self esteem as well as performance.

The root of our teaching philosophy: hard work, respect for oneself and others, and fun.

Student's Name _____ Age _____ Member # _____
Address _____ City _____ Zip Code _____
Session: I II III IV Email Address _____
Parent's Name _____ Phone (H) _____ (W) _____
Registration Fee _____ Discount _____ Total _____ Receipt # _____
I give my permission for my child to participate in swim programs at Auburn Raquet & Fitness Club and hereby release waive any and all rights and claims for damage I might have against Auburn Raquet & 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

Auburn Racquet & Fitness Club Stroke & Turn Clinics

Get in the swim!



Winter/Spring Stroke and Turn Clinics



All Levels Welcome

Ages 5-18

Four Sessions

Jan 3 – April 26, 2012

Auburn Racquet & Fitness Club

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