

Stroke and Turn Clinics' Registration Form

One Form Per Child Please

Child's Name _____ Child's Age _____ Member Number _____
Address _____ City _____ Zip _____ Receipt # _____
Session 1 2 3 All 3 Email: _____ Registration Fee _____
Parent's Name _____ Phone (H) _____ (W) _____

I give my permission for my child to participate in swim programs at Auburn Racquet & Fitness Club and hereby release and waive any and all rights and claims for damage I might have against Auburn Racquet & Fitness Club and its agent for any and all injuries which may be suffered by my child in connection with participation in this program.

Signature _____ Date _____ Visa and MasterCard Accepted

Stroke and Turn Clinics

About the Clinics

AR&FC's Stroke and Turn Clinics will focus on improving competitive stroke technique, physical conditioning, and overall fun. The program is open to swimmers 5 - 18 years of age. **This is not a swim lessons program.**

The clinic will be held Tuesdays, Thursdays, and Saturdays, in three sessions, beginning March 6 and continuing through May 31.

Swimmers will be grouped into 2 age categories: 5-10*, and 10 and up. Every effort will be made to accommodate families with multiple swimmers of different levels. See class dates and times below. Times for your age group will be determined once registration process is complete.

*Some swimmers under 10 may swim with older kids with coach's permission.

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

Auburn Stroke and Turn Clinics' Pricing Information

Price is per session

Clinics are for Members Only! Cost: \$70 per session 1st child, \$60 second child, \$50 third or more.

Sign up for all three sessions by Tuesday March 6 and receive a 10% discount!

- Session 1 March 6-31 - Tuesdays, Thursdays, and Saturdays
- Session 2 April 10-May 5 - Tuesdays, Thursdays, and Saturdays
- Session 3 May 8-May 31 - Tuesdays, Thursdays, and Saturdays

Times are 3:30pm - 5:15pm

Time blocks for each group will be determined by the ages of participants once the registration process is completed. Register at the Club. Make checks payable to AR&FC. Questions? Call AR&FC at 885-1602.

Coach Steven Casperite

AR & FC welcomes back Steven Casperite to our Fall Aquatics programming after another successful year as coach of the Sharks recreational swim team. Steven has been swimming since age 3 and has been competing since age 11. From ages 14 to 17 he was one of the top 5 fastest 500 & 200 yard freestylists 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.

Most recently, Steven was the head coach for swimming and waterpolo at Sierra College, where he was voted Coach of the Year in Northern California in 2001.

Currently a teacher at Live Oak Waldorf school, he and his family have been members at the club for over 7 years.

Auburn Racquet & Fitness Club

Spring Stroke and Turn Clinic

My goal is to create a positive and safe environment for all of my students and athletes.

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

The root of my teaching philosophy; hard work, respect for oneself and others, and fun.

Steven Casperite

Auburn Racquet
&
Fitness Club

1255 Racquet Club Drive
Auburn, CA 95603

Auburn Racquet & Fitness Club

Spring Stroke and Turn Clinic

Ages 5 - 18



Get in the Swim

All Levels Welcome

Three Sessions

March 6 - May 31, 2007

Auburn Racquet & Fitness Club

1255 Racquet Club Drive

Auburn, CA 95603

Phone: (530) 885-1602

E-mail: info@ar-fc.com

Website: ar-fc.com