

AR&FC Summer Recreational Swim Program

Swim with the Sharks

AR&FC'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 4 - August 5. Our season consists of daily practice, stroke technique instruction, and dual meets with local clubs, league championships, and a season ending barbecue bash. Each child will have the opportunity to compete in individual and relay events.

As Members of the six team Foothill Swim League, some of the teams AR&FC's Sharks will swim against are Auburn Lake Trails, Lake of the Pines, Grass Valley, and Lake Wildwood. League championships are scheduled for August 4th, with our awards barbecue set for Sunday, August 5th at 6PM.

Practices will begin in the afternoon June 4-7. On Monday June 11 and continuing for the rest of the swim team season, practices will be held from 9 AM - Noon, Monday through Thursday at the Auburn Racquet and Fitness Club Aquatic Center, featuring its 6 lane, 25 yard pool. Time Trials will be held Saturday, June 16. Swimmers will be grouped by the coaching staff according to age and ability. Every effort will be made to accommodate families with multiple swimmers of different levels.

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

Coach Steve Casperite

AR&FC welcomes back Coach Steven Casperite to our Aquatics Department for a fourth year. 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 and water polo since age 18.

Most recently, Steven was the head coach for swimming and water polo 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 5 years now. We are pleased to have Steven as a part of our team, and look forward to a great season!

AR&FC Summer Recreational Swim Program Pricing Information

Fees: \$175 first child
 \$160 second child
 \$145 third or more children

\$10 Discount if registered by May 11

Swim Suits: Boys: \$28 Girls: \$48

Price is for the entire recreational season. Team suits mandatory! No prorations!

Swim Team Registration Form

One Child per Registration Form Please

Child's Name _____

Address _____

Email: _____ Child's birth date _____ Member # _____

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

Registration fee	_____
\$175 First Child	_____
\$160 Second Child	_____
\$145 Third or More Children	_____
Swim Suit Fee:	_____
Boys \$28	_____
Girls \$48	_____
Boys size _____	_____
Girls Size _____	_____
Sweats \$25	_____
T-Shirt \$10	_____
Total Enclosed	_____
Receipt #	_____

Swim with the Sharks



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



Summer Recreational Junior Swim Team Program

Ages 5 - 18

All Levels Welcome



Get in the Swim

**Registration Week,
May 7 - May 11, 2007**

Season: June 4 - August 5

Auburn Racquet & Fitness Club

1255 Racquet Club Drive

Auburn, CA 95603

Phone: (530) 885-1602

Website: ar-fc.com