

# Stroke and Turn Clinics Registration Form

One Form Per Student

## ARFC Stroke & Turn Clinics

### About the Clinics

Auburn Racquet & Fitness Club's Stroke & Turn Clinics focus on improving stroke technique, physical conditioning, and overall fun. **This is not a swim lesson program.**

### Coach Leah Cenatiempo

Coach Leah started competitive swimming at the age of eight and continued her swimming career swimming for Sierra College. Leah qualified for the State Championship for the Wolverines. Leah also headed the ARFC Sharks recreational swim team this year. You can also find Leah teaching swimming lessons for ARFC. Leah has a love for swimming and looks forward to sharing her passion for the sport with others.

### EFT Pricing Agreement

ARFC members can save money by signing up for an EFT agreement:

3 month agreement: \$90 per session  
7 month agreement: \$80 per session

Contact Emily Daley for an EFT agreement.  
[em@ar-fc.com](mailto:em@ar-fc.com).

### Pricing

#### Members:

Cost Per 1<sup>st</sup> Swimmer: \$110.00/\$130(NM)  
Cost Per 2<sup>nd</sup> Swimmer: \$105.00/\$125(NM)  
Cost Per 3<sup>rd</sup> or more \$100.00/\$120(NM)  
NM=Non Member

### Schedule

- Session 1: September 3-26
- Session 2: October 1-31
- Session 3: November 5-Dec. 5\*
- Session 4: January 7-30
- Session 5: February 4-27
- Session 6: March 3-26
- Session 7 April 7-30

**\*No Clinics Week of Thanksgiving**

**Clinics are held:  
Tuesday, Wednesday, and Thursday  
4-5pm**

**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.**

**Emily Daley,  
ARFC Aquatics Director**

Students Name \_\_\_\_\_ Age \_\_\_\_\_ Member # \_\_\_\_\_  
Address \_\_\_\_\_ City \_\_\_\_\_ Zip Code \_\_\_\_\_  
Email Address \_\_\_\_\_  
Parents Name \_\_\_\_\_ Phone (H) \_\_\_\_\_ (W) \_\_\_\_\_  
Check Session(s):  1  2  3  4  5  6  7  EFT AGREEMENT:  3  7  Registration Fee  
Discount \_\_\_\_\_ Total \_\_\_\_\_ Receipt # \_\_\_\_\_  
Parent Signature \_\_\_\_\_ Date \_\_\_\_\_

Visa and MasterCard Accepted

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.

# Auburn Racquet & Fitness Club Stroke & Turn Clinics

*Just Keep Swimming!*



## Stroke & Turn Clinics



**All Levels Welcome**  
Ages 5-18

**Tuesday, Wednesday, Thursday**  
**September 3<sup>rd</sup>-April 30<sup>th</sup>**

**Auburn Racquet & Fitness Club**  
1255 Racquet Club Drive  
Auburn, CA 95603  
Phone: 530-885-1602  
Email: [info@ar-fc.com](mailto:info@ar-fc.com)  
Website: [www.ar-fc.com](http://www.ar-fc.com)