

Let's Keep Swimming!

ALL I WANT
TO DO IS
SWIM

**Auburn Racquet
&
Fitness Club**

Jump-Start Swim Clinics

Ages 5-6



January 7th-April 24th

Auburn Racquet & Fitness Club

1255 Racquet Club Drive

Phone: 650-365-1113

Email: Bree@ar-fc.com

www.ar-fc.com

**Auburn Racquet
&
Fitness Club**

About the Program

We're offering clinics for our youngest swimmers that are ready to learn the foundational skills they need to swim well. *These are not lessons for kids that need to learn water safety skills.*

The early clinics start with Freestyle, focusing on body positioning and breathing. Once learned, we add in Freestyle kicking, then pulling, and finally the full stroke. Backstroke is introduced next, in a similar progression.

As soon as Freestyle and Backstroke skills are locked in by muscle memory, later clinics can also focus on Breaststroke and Butterfly, as well as starts and turns.

These clinics will get our youngest ready for May Swim Clinic and Sharks Swim Team.

About the Coach and Director

Bree Renz is a highly accomplished swimmer and coach. She began competitive swimming at age 7 in a summer league in New Jersey, quickly moving on to AAU teams led by Olympic coaches. She won numerous AAU titles and set records in state championship meets over her career. She began coaching local summer teams while in college. Then a move to Colorado opened up an opportunity to coach a year-round AAU team. She has spent the last year developing and coaching our Stroke & Turn clinics and the Sharks Swim team.

Bree's passion is to help youth cultivate essential swimming techniques, build confidence and character, develop strength and speed, nurture team spirit, and embrace good sportsmanship.

For more information email:
Bree@ar-fc.com

Pricing

\$110 Members / \$125 Non-Members

Schedule

Tuesday, Wednesdays, Thursdays

3:30 PM-4:00 PM

- Session 1: January 7th-January 30th
Session 2: February 4th-February 27th
Session 3: March 4th-March 27th
Session 4: April 1st-April 24th



Jump-Start Clinic Registration Form

2025 One Form per Child

Child's Name: _____

Member Number: _____

Age: _____ Birthdate: _____

Address: _____

City: _____ Zip Code: _____

Parent's Name: _____

Phone: _____

Email Address: _____

Price: \$110 (M) ☐ \$125 (NM) ☐

Session 1: January 7th-January 30th ☐

Session 2: February 4th-February 27th ☐

Session 3: March 4th-March 27th ☐

Session 4: April 1st-April 24th ☐

Price: _____

Receipt Number: _____

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 damages I might have against Auburn Racquet & Fitness Club and its agents for any and all injuries which may be suffered by my child in connection with participation in this program.

Signature: _____

Date: _____