

JOIN MAY STROKE 'n' TURN!



## Auburn Racquet & Fitness Club

May 2025

Stroke 'n' Turn Clinic

Ages 5-18

All Levels Welcome!



April 29<sup>th</sup>-May 30<sup>th</sup>

## Auburn Racquet & Fitness Club

Auburn Racquet & Fitness Club

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## MAY STROKE 'n' TURN

The May swim clinic is **FOUR TIMES A WEEK AND FIVE FULL WEEKS** to help swimmers get ready for the summer swim season. The Stroke 'n' Turn Clinic focus is to improve technique and conditioning. It's also fun for ages 5-18. *This is not a swim lesson program.*

### Aquatics Director

Aquatics 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.

Bree is joined by coach Matt Rohloff. Both have years of experience developing and running programs to improve technique, flexibility, strength, stamina, and speed.

We also encourage our swimmers to set goals so they can experience real joy in their achievements. And we foster an environment that values character, sportsmanship, positive attitudes, respect, commitment, and team spirit.

## Schedule

April 29<sup>th</sup>-May 30<sup>th</sup>  
**Tuesday-Friday**

**Beginner:** 3:45-4:30

**Intermediate:** 4:30-5:30

**Advanced Level:** 5:30-6:30

Advanced level must be 11 years of age, unless approved by the coach. One year on Sharks Swim Team. Proficient in all four strokes. All must be pre-approved.

## Prices:

Cost Per FIRST Swimmer:

\$168 ARFC Members

\$200 Non-Members

Cost Two or more Family members:

\$150(M)/\$181 (NM)

## SWIM TEAM REGISTRATION PIZZA PARTY

May 2<sup>nd</sup> at 6:30 PM

## Stroke 'n' Turn Registration Form

**May 2025**

One Form per Child

Child's Name: \_\_\_\_\_

Member Number: \_\_\_\_\_

Age: \_\_\_\_\_ Birthdate: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Parent's Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Email Address: \_\_\_\_\_

Cost Per 1<sup>st</sup> Swimmer:

\$168 Members ☐ \$200 Non-Members ☐

Two or more Swimmers: \$150 M ☐ \$181 NM ☐

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: \_\_\_\_\_