

Let's Keep Swimming!

ALL I WANT
TO DO IS
SWIM

**Auburn Racquet
&
Fitness Club**

2025

Fall Stroke 'n' Turn Clinics

Ages 7-18

All Levels Welcome!



Starting: September 2nd

Auburn Racquet & Fitness Club

1255 Racquet Club Drive

Phone: 530-885-1602

Email: Bree@ar-fc.com

www.ar-fc.com

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&
Fitness Club**



About the Program

Stroke 'n' Turn clinics focus on improving technique and conditioning. It's also fun for ages 7-18. **We focus on new and improved techniques and training. This is not a swim lesson.**

About the Coach/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.



EFT Pricing Agreement

ARFC members can save money by signing up for an EFT agreement. *Applies to ARFC members only.*

Three-month agreement: \$95 per session

For more information or to sign up for an EFT email:
Bree@ar-fc.com

Pricing

1st Swimmer: \$125 (M) / \$145 (NM)

2nd Swimmer: \$120 (M) / \$140 (NM)

Three or more: \$115 (M) / \$130 (NM)

M=ARFC Members NM=Non-Members

Schedule

Tuesdays, Wednesdays, Thursdays

Session 1: September 2nd-25th

Session 2: September 30th-October 23th

Session 3: October 28th-November 20th

Beginner/Intermediate: 4:00 PM-5:00PM

Advanced Level*: 5:00 PM-6:00 PM

** 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.*

Fall Stroke 'n' Turn Registration Form

2025 One Form per Child

Child's Name: _____

Member Number: _____

Age: _____ Birthdate: _____

Address: _____

City: _____ Zip Code: _____

Parent's Name: _____

Phone: _____

Email Address: _____

1st Swimmer: \$125 (M) ☐ \$145 (NM) ☐

2nd Swimmer: \$120 (M) ☐ \$140 (NM) ☐

Three or more: \$115 (M) ☐ \$130 (NM) ☐

Session 1: September 2nd-25th ☐

Session 2: September 30nd-October 23th ☐

Session 3: October 28th-November 20th ☐

THREE-MONTH EFT (MEMBERS ONLY) \$95 PER SESS ☐
MUST SIGN EFT AGREEMENT

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: _____