

FALL SESSION DATES

REGISTRATION OPEN UNTIL CLASSES ARE FULL | ADD \$10 LATE FEE FOR REGISTRATIONS RECEIVED AFTER DEADLINE

Session I:	September 4 - October 1	Registration Starts: Mon. Aug. 6	Registration Deadline: Wed. Aug. 29
Session II:	October 8 - November 10 No lessons Oct. 18, 20, 31, Nov. 7, 8	Registration Starts: Mon. Sept. 10	Registration Deadline: Wed. Oct. 3
Session III:	November 13 - December 15 No lessons Nov. 22, 24, Dec. 12, 13	Registration Starts: Mon. Oct. 15	Registration Deadline: Wed. Nov. 7

Level 1 | Sunfish

Bobs & Floats

Days & Times:

M & W 10:30 - 11:00 am (pre-k)*

M & W 4:00 - 4:30 pm

M & W 4:30 - 5:00 pm

M & W 5:00 - 5:30 pm

M & W 5:30 - 6:00 pm

T & TH 4:00 - 4:30 pm

T & TH 4:30 - 5:00 pm

T & TH 5:00 - 5:30 pm

Sat 9:00 - 9:30 am (4 lessons)

Cost: **8 lessons for \$72 (members) / \$112 (non-members)**
4 lessons for \$36 (members) / \$56 (non-members)

Level 2 | Perch

Kicks & Glides

Days & Times:

M & W 4:00 - 4:30 pm

M & W 4:30 - 5:00 pm

M & W 5:00 - 5:30 pm

M & W 5:30 - 6:00 pm

T & TH 4:00 - 4:30 pm

T & TH 4:30 - 5:00 pm

T & TH 5:00 - 5:30 pm

Sat 9:30 - 10:00 am (4 lessons)

Cost: **8 lessons for \$72 (members) / \$112 (non-members)**
4 lessons for \$36 (members) / \$56 (non-members)

CHOICE SWIMMING ACADEMY REGISTRATION FORM - FALL 2018 SESSIONS

Name: _____ Date of Birth: ___/___/___ Current Age: _____

Parent Name(s): _____ Email: _____

Address: _____ City/State/Zip: _____

Parent Phone: _____ - _____ - _____ Alternate Phone # (work, mobile, etc.) _____ - _____ - _____ Gender: M F

I hereby acknowledge the health of my child, listed above, to be ready for vigorous activity and authorize the directors to secure any emergency treatment deemed necessary, and that I hereby release the Grand Forks Park District, Choice Health & Fitness and all employees, executors, and heirs from all claims for injuries, which may be sustained by my child while attending this program. I also understand that any medical bills incurred by my child due to injuries will be my responsibility or the responsibility of my family health insurance plan.

Parent or Guardian Signature: _____ Date: ___/___/___

PLEASE CHECK THE FOLLOWING SESSION YOU WOULD LIKE YOUR SON/DAUGHTER TO PARTICIPATE, ALONG WITH THE CLASS DAY & TIME YOU PREFER.

SESSION I: Sept. 4 - Oct. 1 ___ (Deadline: Aug. 29) SESSION II: Oct. 8 - Nov. 10 ___ (Deadline: Oct. 3) SESSION III: Nov. 13 - Dec. 15 ___ (Deadline: Nov. 7)

Level 1: Sunfish ___M/W 10:30 am \$72 mem/\$112 non-mem ___M/W 4:00 pm \$72 mem/\$112 non-mem ___M/W 4:30 pm \$72 mem/\$112 non-mem ___M/W 5:00 pm \$72 mem/\$112 non-mem ___M/W 5:30 pm \$72 mem/\$112 non-mem	___T/TH 4:00 pm \$72 mem/\$112 non-mem ___T/TH 4:30 pm \$72 mem/\$112 non-mem ___T/TH 5:00 pm \$72 mem/\$112 non-mem ___SAT 9:00 am \$36 mem/\$56 non-mem	Level 2: Perch ___M/W 4:00 pm \$72 mem/\$112 non-mem ___M/W 4:30 pm \$72 mem/\$112 non-mem ___M/W 5:00 pm \$72 mem/\$112 non-mem ___M/W 5:30 pm \$72 mem/\$112 non-mem	___T/TH 4:00 pm \$72 mem/\$112 non-mem ___T/TH 4:30 pm \$72 mem/\$112 non-mem ___T/TH 5:00 pm \$72 mem/\$112 non-mem ___SAT 9:30 am \$36 mem/\$56 non-mem
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Levels 1-2 | 4yrs & up

CHOICE SWIMMING ACADEMY

Choice Swimming Academy is designed to teach young children all levels of swimming, from basic skills to competitive and rescue strokes and water safety.

Level 1 | Sunfish

In this introductory level, children will have fun in the water while learning water basics including bobs and floats.

Level 2 | Perch

In this level, children will learn kicks, glides, and how to roll between front and back floats. The level also introduces breathing for the Front Crawl.



CHOICE
HEALTH & FITNESS