

SPRING SESSIONS

SESSION I: March 19 - April 16

Session I Registration Starts: Mon. March 5

Registration Deadline: March 14

SESSION II: April 23 - May 17

Session II Registration Starts: Mon. April 9

Registration Deadline: April 18

***Add \$10 late fee for reservations received**

Level 1 | Sunfish Bobs & Floats

Days & Times:

M & W | 10:00 –10:30 am (pre-k)*

M & W | 10:30 –11:00 am (pre-k)*

M & W | 4:15 –4:45 pm

M & W | 5:30 –6:00 pm

T & TH | 4:00 –4:30 pm

T & TH | 4:30 –5:00 pm

Sat | 9:00 –9:30 am (4 lessons)

(No Saturday Lessons available for Session II)

***No Classes on March 31 and April 2**

Cost: 8 lessons for \$64 (members)
 \$104 (non-members)

4 Lessons for \$32 (members)

Level 2 | Perch Kicks & Glides

Days & Times:

M & W | 4:15 –4:45 pm

M & W | 5:30 –6:00 pm

T & TH | 4:00 –4:30 pm

T & TH | 4:30 –5:00 pm

Sat | 9:30 –10:00 am

(No Saturday Lessons available for Session II)

***No Classes on March 31 and April 2**

Cost: 8 lessons for \$64 (members)
 \$104 (non-members)

4 Lessons for \$32 (members)

Level 3 | Bass Freestyle & Elementary Backstroke

Days & Times:

M & W | 4:15 –4:45 pm

M & W | 5:30 –6:00 pm

T & TH | 4:00 –4:30 pm

T & TH | 4:30 –5:00 pm

***No Classes on March 31 and April 2**

Cost: 8 lessons for \$64 (members)
 \$104 (non-members)

CHOICE SWIMMING ACADEMY REGISTRATION FORM - SPRING 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 in which you would like your son/daughter to participate, along with the class day & time you prefer.

SESSION I: March 19 - April 16 _____
 (Deadline: March 14)

SESSION II: April 23 - May 17 _____ (No Saturday Lessons available for Session II)
 (Deadline: April 18)

Level 1: Sunfish

___ M/W 10:00 am ___ M/W 5:30 pm

___ M/W 10:30 am ___ T/TH 4:00 pm ___ T/TH 4:30 pm

___ M/W 4:15 pm ___ Sat. 9:00 am (\$32 member, \$52 non)

Cost: \$64 (members) \$104 (non-members)

Level 2: Perch

___ M/W 4:15 pm ___ T/TH 4:00 pm ___ T/TH 4:30 pm

___ M/W 5:30 pm ___ Sat. 9:30 am (\$32 member, \$52 non)

Cost: \$64 (members) \$104 (non-members)

Level 3: Bass

___ M/W 4:15 pm ___ T/TH 4:00 pm

___ T/TH 4:30 pm

___ M/W 5:30 pm

Cost: \$64 (members) \$104 (non-members)

Levels 1-3 **4 yrs & 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

Level 3 | Bass

In this level, children will learn the front crawl with breathing as well as the elementary backstroke.



CHOICE
HEALTH & FITNESS