

FALL SESSIONS

SESSION I: Sept. 5—Oct. 2

Session I Registration Starts: Mon. Aug. 7

Registration Deadline: Aug. 30

SESSION II: Oct. 9— Nov. 11

Session II Registration Starts: Mon. Sept. 11

Registration Deadline: Oct. 4

(No lessons Oct. 19, 21, 31, Nov. 6, 8)

SESSION III: Nov. 13—Dec. 16

Session III Registration Starts: Mon. Oct. 16

Registration Deadline: Nov. 8

(No lessons on Nov. 22, 23, 25)

Registration open until classes are full.

***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)

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

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

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

CHOICE SWIMMING ACADEMY REGISTRATION FORM - FALL 2017 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 in along with the class day & time you prefer.

SESSION I: Sept. 5 — Oct. 2 _____
(Deadline: Aug. 30)

SESSION II: Oct. 9 — Nov. 11 _____
(Deadline: Oct. 4)

SESSION III: Nov. 13 — Dec. 16 _____
(Deadline: Nov. 8)

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)

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