

# Winter SESSIONS

**SESSION I: Jan 8 - Feb 3**

**Session I Registration Starts: Mon. Dec 11**

**Registration Deadline: Jan 3**

**SESSION II: Feb 12 - Mar. 10**

**Session II Registration Starts: Mon. Jan 15**

**Registration Deadline: Feb 7**

**\*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 - Winter 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 in along with the class day & time you prefer.**

**SESSION I: Jan 8 - Feb 3** \_\_\_\_\_  
(Deadline: Jan 3)

**SESSION II: Feb 12 - Mar 10** \_\_\_\_\_  
(Deadline: Feb 7)

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