

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 | Reg. Deadline: Aug. 29**

Session II: **October 8 - November 10** **Registration Starts: Mon. Sept. 10 | Reg. Deadline: Oct. 3**
 No lessons Oct. 18, 20, 31, Nov. 7, 8

Session III: **November 13 - December 15** **Registration Starts: Mon. Oct. 15 | Reg. Deadline: Nov. 7**
 No lessons Nov. 22, 24, Dec. 12, 13

Level 3 | Bass
 Freestyle & Elementary Backstroke

Days & Times:
M & W 4:00 - 4:30 pm **T & TH 4:00 - 4:30 pm**
M & W 4:30 - 5:00 pm **T & TH 4:30 - 5:00 pm**
M & W 5:30 - 6:00 pm

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

Level 4 | Walleye
 Backstroke & Treading

Days & Times:
M & W 6:00 - 6:30 pm

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

Level 5 | Northern Pike
 Breaststroke

Days & Times:
M & W 6:00 - 6:30 pm

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

Level 6 | Muskie
 Master All Strokes

Days & Times:
M & W 6:00 - 6:30 pm

Cost: **8 lessons for \$72 (members) / \$112 (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 IN 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 3: Bass	
___M/W 4:00 pm	\$72 mem/\$112 non-mem
___M/W 4:30 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

Level 4: Walleye	
___M/W 6:00 pm	\$72 mem/\$112 non-mem

Level 5: Northern Pike	
___M/W 6:00 pm	\$72 mem/\$112 non-mem

Level 6: Muskie	
___M/W 6:00 pm	\$72 mem/\$112 non-mem

Levels 3-6 **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 3 | Bass

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

Level 4 | Northern Pike

In this level, children will learn the backstroke, how to tread water, and sculling.

Level 5 | Walleye

In this level, children will learn the breaststroke and sidestroke.

Level 6 | Muskie

In this final level, children will learn the butterfly, endurance in the water, and turns, as well as master all the strokes learned in previous levels.



CHOICE
HEALTH & FITNESS