

# 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**

Registration open until classes are full.

\*Add \$10 late fee for registration received after deadline

## Level 4 | Walleye Backstroke & Treading

Days & Times:

M & W | 4:45—5:15 pm

M & W | 6:00—6:30 pm

T & TH | 5:00—5:30 pm

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

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

## Level 5 | Northern Pike Breaststroke

Days & Times:

M & W | 4:45—5:15 pm

M & W | 6:00—6:30 pm

T & TH | 5:00—5:30 pm

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

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

## Level 6 | Muskie Master All Strokes

Days & Times:

M & W | 4:45—5:15 pm

M & W | 6:00—6:30 pm

T & TH | 5:00—5:30 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 \_\_\_\_\_  
 (Deadline: April 18)

Level 4: Walleye  
 \_\_\_ M/W 4:45 pm \_\_\_ M/W 6:00 pm  
 \_\_\_ T/TH 5:00 pm  
 Cost: \$64 (members) \$104 (non-members)

Level 5: Northern Pike  
 \_\_\_ M/W 4:45 pm \_\_\_ M/W 6:00 pm  
 \_\_\_ T/TH 5:00 pm  
 Cost: \$64 (members) \$104 (non-members)

Level 6: Muskie  
 \_\_\_ M/W 4:45 pm \_\_\_ M/W 6:00 pm  
 \_\_\_ T/TH 5:00 pm  
 Cost: \$64 (members) \$104 (non-members)

Levels 4-6 **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 4 | Walleye

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

## Level 5 | Northern Pike

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