

4 yrs & up



SUMMER SESSIONS

SESSION I: June 3 - June 27

Session I Registration Starts: May 13

Registration deadline: May 29

SESSION II: July 8 - August 1

Session II Registration Starts: June 17

Registration deadline: July 3

Registration open until classes are full.

***Add \$10 late fee for reservations received after deadline.**

Level 1 | Sunfish

Bobs & Floats

Days & Times:

- M & W | 9:30 - 10:00 am
- M & W | 4:15 - 4:45 pm
- M & W | 4:45 - 5:15 pm
- M & W | 5:30 - 6:00 pm
- T & TH | 4:30 - 5:00 pm

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

Level 2 | Perch

Kicks & Glides

Days & Times:

- M & W | 4:15 - 4:45 pm
- M & W | 4:45 - 5:15 pm
- M & W | 5:30 - 6:00 pm
- T & TH | 4:30 - 5:00 pm

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

Level 3 | Bass

Freestyle & Elementary Backstroke

Days & Times:

- M & W | 4:15 - 4:45 pm
- M & W | 4:45 - 5:15 pm
- M & W | 5:30 - 6:00 pm
- T & TH | 4:30 - 5:00 pm

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

Level 4 | Walleye

Backstroke & Treading

Days & Times:

- M & W | 6:00 - 6:30 pm
- T & TH | 5:00 - 5:30 pm

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

Level 5 | Northern Pike

Breaststroke

Days & Times:

- M & W | 6:00 - 6:30 pm
- T & TH | 5:00 - 5:30 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
- T & TH | 5:00 - 5:30 pm

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

CHOICE SWIMMING ACADEMY REGISTRATION FORM - SUMMER SESSIONS 2019

Name: _____ Date of Birth: ___ / ___ / ___ Child's 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: June 3 - June 27 _____ (Registration deadline: May 29)

SESSION II: July 8 - August 1 _____ (Registration deadline: July 3)

Level 1: Sunfish

___ M/W 9:30 am
 ___ M/W 4:15 pm ___ M/W 4:45 pm
 ___ M/W 5:30 pm ___ T/TH 4:30 pm
 Cost: \$72 (members) \$112 (non-members)

Level 2: Perch

___ M/W 4:15 pm ___ M/W 4:45 pm
 ___ M/W 5:30 pm ___ T/TH 4:30 pm
 Cost: \$72 (members) \$112 (non-members)

Level 3: Bass

___ M/W 4:15 pm ___ M/W 4:45 pm
 ___ M/W 5:30 pm ___ T/TH 4:30 pm
 Cost: \$72 (members) \$112 (non-members)

Level 4: Walleye

___ M/W 6:00 pm ___ T/TH 5:00 pm
 \$72 (members) \$112 (non-members)

Level 5: Northern Pike

___ M/W 6:00 pm ___ T/TH 5:00 pm
 Cost: \$72 (members) \$112 (non-members)

Level 6: Muskie

___ M/W 6:00 pm ___ T/TH 5:00 pm
 Cost: \$72 (members) \$112 (non-members)

For office use only: ENROLL IN COMPETE- Ring up under "AQUATICS PROGRAM". Fees listed above. Add \$10 if accepted after deadline.

Levels 1-6 **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 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 Crawl.

Level 3 | Bass

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

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.