

## 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.