

## FALL SESSIONS

REGISTRATION OPEN UNTIL CLASSES FULL | \$10 LATE FEE FOR RESERVATIONS RECEIVED AFTER DEADLINE

**SESSION 1:** SEPT. 3 - SEPT. 30 { Session 1 Registration Starts: Mon., Aug. 5 | Registration Deadline: Aug. 28 }

**SESSION 2:** OCT. 7 - NOV. 9 { Session 2 Registration Starts: Mon., Sept. 9 | Registration Deadline: Oct. 2 }  
NO LESSONS: OCT. 17, 19, 31, NOV. 4, 6

**SESSION 3:** NOV. 12 - DEC. 14 { Session 3 Registration Starts: Mon. Oct. 14 | Registration Deadline: Nov. 6 }  
NO LESSONS: NOV. 27, 28, 30, & DEC. 12

### Parent *and* ME

#### 9 MONTHS - UNDER 2 YEARS | SWIM DIAPER REQUIRED

DAYS	TIMES	# of LESSONS / COST
SAT	8:30-9:00 am*	4 lessons for \$46 (mem)   \$62 (non-mem)

\*needs 4 participants to run.

### ADVANCED Parent *and* ME

#### 2 - 3 YEARS | SWIM DIAPER REQUIRED

DAYS	TIMES	# of LESSONS / COST
MON.	6:00-6:30 pm*	4 lessons for \$46 (mem)   \$62 (non-mem)

\*needs 4 participants to run.

### tiny Tots SWIMMING

#### 3 - 4 YEARS | POTTY TRAINED

DAYS	TIMES	# of LESSONS / COST
M & W	10:30-11:00 am*	8 lessons for \$76 (mem)   \$116 (non-mem)
M & W	5:00-5:30 pm*	8 lessons for \$76 (mem)   \$116 (non-mem)
T & TH	5:00 - 5:30 pm	8 lessons for \$76 (mem)   \$116 (non-mem)
SAT	9:00 - 9:30 am	4 lessons for \$38 (mem)   \$58 (non-mem)
SAT	9:30 - 10:00am	4 lessons for \$38 (mem)   \$58 (non-mem)

\*If numbers are low, classes may be combined.

## CHOICE LITTLE SWIMMER REGISTRATION FORM - FALL 2019 SESSION

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:

☐ SEPTEMBER 3 - 30

☐ OCTOBER 7 - NOVEMBER 9

☐ NOVEMBER 12 - DECEMBER 14

#### PARENT & ME | 9 MON. - UNDER 2

#### ADVANCED PARENT & ME | 2-3 YRS

#### TINY TOTS SWIMMING | 3 - 4 YRS

☐ SAT 8:30am (\$46 mem, \$62 non)

☐ MON 6:00pm (\$46 mem, \$62 non)

<input type="checkbox"/> M/W 10:30am (\$76 mem, \$116 non)	<input type="checkbox"/> SAT 9:00am (\$38 mem, \$58 non)
<input type="checkbox"/> M/W 5:00pm (\$76 mem, \$116 non)	<input type="checkbox"/> SAT 9:30am (\$38 mem, \$58 non)
<input type="checkbox"/> T/TH 5:00pm (\$76 mem, \$116 non)	

# CHOICE *little* SWIMMERS 9 mon - 4 yrs

Choice Little Swimmers is designed to introduce young children to the water in a safe environment, which will teach them important basic water skills and safety.

## Parent *and* ME

### 9 MONTHS - UNDER 2 YEARS | SWIM DIAPER REQUIRED

Parent and Me swimming classes provide an introduction to water for parents and children. The 30 minute class meets once a week and offers a fun and safe way to get children comfortable in the water.

## ADVANCED Parent *and* ME

### 2 - 3 YEARS | SWIM DIAPER REQUIRED

Advanced Parent and Me swimming classes provide a fun and safe way to get children comfortable in the water. The 30 minute class meets once a week and goes further than the original Parent & Me class by introducing children to water and safety skills.

## *tiny* Tots SWIMMING

### 3 - 4 YEARS

Tiny Tots Swimming lessons provide an introduction to basic water skills and water safety for children. The 30 minute class meets twice a week and offers children a way to become comfortable in the water without a parent before Swimming Academy.

