

# WINTER SESSION DATES

**REGISTRATION OPEN UNTIL CLASSES ARE FULL | ADD \$10 LATE FEE FOR REGISTRATIONS RECEIVED AFTER DEADLINE**

**SESSION I:** January 6 - February 3  
NO LESSONS JAN 20

Registration Starts: Mon. Dec. 9 | Reg. Deadline: Jan. 1

**SESSION II:** February 10 - March 9  
NO LESSONS FEB 17

Registration Starts: Mon. Jan 13 | Reg. Deadline: Feb. 5

## Level 3 | Bass Freestyle & Elementary Backstroke

**Days & Times:**

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

**Cost:** 8 lessons for \$76 (members) / \$116 (non-members)

## Level 4 | Walleye Backstroke & Treading

**Days & Times:**

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

**Cost:** 8 lessons for \$76 (members) / \$116 (non-members)

## Level 5 | Northern Pike Breaststroke

**Days & Times:**

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

**Cost:** 8 lessons for \$76 (members) / \$116 (non-members)

## Level 6 | Muskie Master All Strokes

**Days & Times:**

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

**Cost:** 8 lessons for \$76 (members) / \$116 (non-members)

## CHOICE SWIMMING ACADEMY REGISTRATION FORM - WINTER 2020 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:** Jan. 6 - Feb. 3 \_\_\_\_ (Deadline: Jan 1)

**SESSION II:** Feb 10 - Mar. 9 \_\_\_\_ (Deadline: Feb 5)

**Level 3: Bass**

\_\_\_\_ M/W | 4:30 pm \$76 mem/\$116 non-mem  
\_\_\_\_ M/W | 5:30 pm \$76 mem/\$116 non-mem  
\_\_\_\_ T/TH | 4:00 pm \$76 mem/\$116 non-mem

**Level 4: Walleye**

\_\_\_\_ M/W | 6:00 pm \$76 mem/\$116 non-mem  
\_\_\_\_ T/TH | 4:30 pm \$76 mem/\$116 non-mem

**Level 5: Northern Pike**

\_\_\_\_ M/W | 6:00 pm \$76 mem/\$116 non-mem  
\_\_\_\_ T/TH | 4:30 pm \$76 mem/\$116 non-mem

**Level 6: Muskie**

\_\_\_\_ M/W | 6:00 pm \$76 mem/\$116 non-mem  
\_\_\_\_ T/TH | 4:30 pm \$76 mem/\$116 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 | 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