

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 1 | Sunfish Bobs & Floats

Days & Times:

M & W 10:30 - 11:00 am (pre-k)*
M & W 4:30 - 5:00 pm
M & W 5:00 - 5:30 pm
M & W 5:30 - 6:00 pm
T & TH 4:00 - 4:30 pm
T & TH 5:00 - 5:30 pm
Sat 9:00 - 9:30 am (4 lessons)

Cost: 8 lessons for \$76 (members) / \$116 (non-members)
4 lessons for \$38 (members) / \$58 (non-members)

Level 2 | Perch Kicks & Glides

Days & Times:

M & W 4:30 - 5:00 pm
M & W 5:00 - 5:30 pm
M & W 5:30 - 6:00 pm
T & TH 4:00 - 4:30 pm
T & TH 5:00 - 5:30 pm
Sat 9:30 - 10:00 am (4 lessons)

Cost: 8 lessons for \$76 (members) / \$116 (non-members)
4 lessons for \$38 (members) / \$58 (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 1: Sunfish

___M/W | 10:30 am \$76 mem/\$116 non-mem
___M/W | 4:30 pm \$76 mem/\$116 non-mem
___M/W | 5:00 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
___T/TH | 5:00 pm \$76 mem/\$116 non-mem
___SAT | 9:00 am \$38 mem/\$58 non-mem

Level 2: Perch

___M/W | 4:30 pm \$76 mem/\$116 non-mem
___M/W | 5:00 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
___T/TH | 5:00 pm \$76 mem/\$116 non-mem
___SAT | 9:30 am \$38 mem/\$58 non-mem

Levels 1-2 | 4yrs & 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.



CHOICE
HEALTH & FITNESS