

# SPRING SESSION DATES

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

**SESSION I:** Mar. 23 - Apr. 20  
No Saturday Lessons  
No class Mon, Apr 13

Registration Starts: Mon. Feb. 24 | Reg. Deadline: Mar. 18

**SESSION II:** Apr. 27 - May 21  
\*No Saturday Lessons

Registration Starts: Mon. Mar. 30 | Reg. Deadline: Apr. 22

## 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

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

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

## CHOICE SWIMMING ACADEMY REGISTRATION FORM - SPRING 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:** Mar 23 - Apr. 20 \_\_\_\_ (Deadline: Mar. 18)

**SESSION II:** April 27 - May 21 \_\_\_\_ (Deadline: Apr. 22)

### 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

### 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



**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