



# Youth Aquatics

## PROGRAMS OPEN TO MEMBERS & NON-MEMBERS

### HOW TO REGISTER



**ONLINE REGISTRATION**  
Available to members only\*  
Register online at [choicehf.com](http://choicehf.com)



Registration Forms available for download online at [choicehf.com](http://choicehf.com) or in-person at Choice Health & Fitness. Forms can be turned in at Customer Service Desk.

## SESSION DATES

### SESSION 1

**3-30-26**  
SEPT. SEPT. AUC.  
Reg. Deadline  
Late Fee: \$10

REG. OPENS: JULY 29

### SESSION 2

**7-31-30**  
OCT. OCT. SEPT.  
Reg. Deadline  
Late Fee: \$10

REG. OPENS: SEPT. 9

### SESSION 3

**12-11-4**  
NOV. DEC. NOV.  
Reg. Deadline  
Late Fee: \$10

REG. OPENS: OCT. 14  
NO CLASS: NOV. 27 & 28

## PARENT & ME (AGES 9 MONTHS - UNDER 2 YEARS)

Parent & Me provides an introduction to water for parents and children. The class is a fun and safe way to get children comfortable in water. | **Max Class Capacity:** 8 Swimmers

DAYS	TIME	COST	SESS. 1 CODE	SESS. 2 CODE	SESS. 3 CODE
WED	6:00 - 6:30 pm	\$50 / \$68 (non-mem)	AQ3-3101	AQ3-3102	AQ3-3103

## ADVANCED PARENT & ME (2 - 3 YEARS)

Advanced Parent & Me provides fun and safe way to get children comfortable in the water and with basic water safety skills. | **Max Class Capacity:** 6 Swimmers

DAYS	TIME	COST	SESS. 1 CODE	SESS. 2 CODE	SESS. 3 CODE
MON	6:00 - 6:30 pm	\$50 / \$68 (non-mem)	AQ3-3501	AQ3-3502	AQ3-3503

## TINY TOTS SWIMMING (AGES 3 - 4 YEARS)

Tiny Tots Swimming provides an introduction to basic water safety for children. Program offers children a way to get comfortable in water without a parent. | **Max Class Capacity:** 4 Swimmers

DAYS	TIME	COST	SESS. 1 CODE	SESS. 2 CODE	SESS. 3 CODE
M & W	5:00 - 5:30 pm	\$84 / \$128 (non-mem)	AQ3-4201	AQ3-4202	AQ3-4203
T & TH	5:00 - 5:30 pm	\$84 / \$128 (non-mem)	AQ3-4501	AQ3-4502	AQ3-4503

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### SESSION 2

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 OCT. OCT. SEPT.  
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SWIMMING  
 LESSONS

## SWIMMING ACADEMY (AGES 4 YEARS & UP)

Swimming Academy is designed to teach children all levels of swimming, from basic and competitive skills to rescue strokes and water safety.

**Max Class Capacity: 4 Swimmers**

### LEVEL 1 | SUNFISH (BOBS & FLOATS)

DAYS	TIME	COST	SESS. 1 CODE	SESS. 2 CODE	SESS. 3 CODE
M & W	4:30 - 5:00 pm	\$84 / \$128 (non-mem)	AQ3-51201	AQ3-51202	AQ3-51203
M & W	5:00 - 5:30 pm	\$84 / \$128 (non-mem)	AQ3-51251	AQ3-51252	AQ3-51253
M & W	5:30 - 6:00 pm	\$84 / \$128 (non-mem)	AQ3-51301	AQ3-51302	AQ3-51303
T & TH	4:00 - 4:30 pm	\$84 / \$128 (non-mem)	AQ3-51501	AQ3-51502	AQ3-51503
T & TH	4:30 - 5:00 pm	\$84 / \$128 (non-mem)	AQ3-51551	AQ3-51552	AQ3-51553
T & TH	5:00 - 5:30 pm	\$84 / \$128 (non-mem)	AQ3-51601	AQ3-51602	AQ3-51603

### LEVEL 2 | PERCH (KICKS & GLIDES)

DAYS	TIME	COST	SESS. 1 CODE	SESS. 2 CODE	SESS. 3 CODE
M & W	4:30 - 5:00 pm	\$84 / \$128 (non-mem)	AQ3-52101	AQ3-52102	AQ3-52103
M & W	5:00 - 5:30 pm	\$84 / \$128 (non-mem)	AQ3-52201	AQ3-52202	AQ3-52203
M & W	5:30 - 6:00 pm	\$84 / \$128 (non-mem)	AQ3-52251	AQ3-52252	AQ3-52253
T & TH	4:00 - 4:30 pm	\$84 / \$128 (non-mem)	AQ3-52501	AQ3-52502	AQ3-52503
T & TH	4:30 - 5:00 pm	\$84 / \$128 (non-mem)	AQ3-52551	AQ3-52552	AQ3-52553
T & TH	5:00 - 5:30 pm	\$84 / \$128 (non-mem)	AQ3-52601	AQ3-52602	AQ3-52603

### LEVEL 3 | BASS (FREESTYLE & ELEMENTARY BACKSTROKE)

DAYS	TIME	COST	SESS. 1 CODE	SESS. 2 CODE	SESS. 3 CODE
M & W	4:30 - 5:00 pm	\$84 / \$128 (non-mem)	AQ3-53101	AQ3-53102	AQ3-53103
M & W	5:30 - 6:00 pm	\$84 / \$128 (non-mem)	AQ3-53201	AQ3-53202	AQ3-53203
T & TH	4:00 - 4:30 pm	\$84 / \$128 (non-mem)	AQ3-53501	AQ3-53502	AQ3-53503
T & TH	4:30 - 5:00 pm	\$84 / \$128 (non-mem)	AQ3-53551	AQ3-53552	AQ3-53553

### LEVEL 4 | WALLEYE (BACKSTROKE & TREADING)

DAYS	TIME	COST	SESS. 1 CODE	SESS. 2 CODE	SESS. 3 CODE
M & W	6:00 - 6:30 pm	\$84 / \$128 (non-mem)	AQ3-54301	AQ3-54302	AQ3-54303

### LEVEL 5 | NORTHERN PIKE (BREAST & SIDESTROKE)

DAYS	TIME	COST	SESS. 1 CODE	SESS. 2 CODE	SESS. 3 CODE
M & W	6:00 - 6:30 pm	\$84 / \$128 (non-mem)	AQ3-55301	AQ3-55302	AQ3-55303

### LEVEL 6 | MUSKIE (BUTTERFLY & MASTER ALL SKILLS)

DAYS	TIME	COST	SESS. 1 CODE	SESS. 2 CODE	SESS. 3 CODE
M & W	6:00 - 6:30 pm	\$84 / \$128 (non-mem)	AQ3-56301	AQ3-56302	AQ3-56303