



# 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

**17-10** **10**  
MARCH APRIL MARCH  
Reg. Deadline  
Late Fee: \$10

REG. OPENS: FEB. 17

### SESSION 2

**21-15** **14**  
APRIL MAY APRIL  
Reg. Deadline  
Late Fee: \$10

REG. OPENS: MARCH 24

**REGISTRATION OPENS:** (SPACE LIMITED)

SESSION 1: Monday, February 17th

SESSION 2: Monday, March 24th

**Contact Info:** Breanna Lee & Lisa Rollefstad | [aquatics@choicehf.com](mailto:aquatics@choicehf.com) | 701.746.2790

## 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 per class

DAYS	TIME	COST	SESSION 1 CODE	SESSION 2 CODE
WED	6:00 - 6:30 pm	\$50 / \$68 (non-mem)	AQ1-3101	AQ1-3102

## 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 per class

DAYS	TIME	COST	SESSION 1 CODE	SESSION 2 CODE
MON	6:00 - 6:30 pm	\$50 / \$68 (non-mem)	AQ1-3501	AQ1-3502

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

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

DAYS	TIME	COST	SESSION 1 CODE	SESSION 2 CODE
M & W	5:00 - 5:30 pm	\$84 / \$128 (non-mem)	AQ1-4201	AQ1-4202
T & TH	5:00 - 5:30 pm	\$84 / \$128 (non-mem)	AQ1-4501	AQ1-4502

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REG. OPENS: MARCH 24



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 per class

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

DAYS	TIME	COST	SESSION 1 CODE	SESSION 2 CODE
M & W	4:30 - 5:00 pm	\$84 / \$128 (non-mem)	AQ1-51201	AQ1-51202
M & W	5:00 - 5:30 pm	\$84 / \$128 (non-mem)	AQ1-51251	AQ1-51252
M & W	5:30 - 6:00 pm	\$84 / \$128 (non-mem)	AQ1-51301	AQ1-51302
T & TH	4:00 - 4:30 pm	\$84 / \$128 (non-mem)	AQ1-51501	AQ1-51502
T & TH	4:30 - 5:00 pm	\$84 / \$128 (non-mem)	AQ1-51551	AQ1-51552
T & TH	5:00 - 5:30 pm	\$84 / \$128 (non-mem)	AQ1-51601	AQ1-51602

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

DAYS	TIME	COST	SESSION 1 CODE	SESSION 2 CODE
M & W	4:30 - 5:00 pm	\$84 / \$128 (non-mem)	AQ1-52101	AQ1-52102
M & W	5:00 - 5:30 pm	\$84 / \$128 (non-mem)	AQ1-52201	AQ1-52202
M & W	5:30 - 6:00 pm	\$84 / \$128 (non-mem)	AQ1-52251	AQ1-52252
T & TH	4:00 - 4:30 pm	\$84 / \$128 (non-mem)	AQ1-52501	AQ1-52502
T & TH	4:30 - 5:00 pm	\$84 / \$128 (non-mem)	AQ1-52551	AQ1-52552
T & TH	5:00 - 5:30 pm	\$84 / \$128 (non-mem)	AQ1-52601	AQ1-52602

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

DAYS	TIME	COST	SESSION 1 CODE	SESSION 2 CODE
M & W	4:30 - 5:00 pm	\$84 / \$128 (non-mem)	AQ1-53101	AQ1-53102
M & W	5:30 - 6:00 pm	\$84 / \$128 (non-mem)	AQ1-53201	AQ1-53202
T & TH	4:00 - 4:30 pm	\$84 / \$128 (non-mem)	AQ1-53501	AQ1-53502
T & TH	4:30 - 5:00 pm	\$84 / \$128 (non-mem)	AQ1-53551	AQ1-53552

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

DAYS	TIME	COST	SESSION 1 CODE	SESSION 2 CODE
M & W	6:00 - 6:30 pm	\$84 / \$128 (non-mem)	AQ1-54301	AQ1-54302

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

DAYS	TIME	COST	SESSION 1 CODE	SESSION 2 CODE
M & W	6:00 - 6:30 pm	\$84 / \$128 (non-mem)	AQ1-55301	AQ1-55302

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

DAYS	TIME	COST	SESSION 1 CODE	SESSION 2 CODE
M & W	6:00 - 6:30 pm	\$84 / \$128 (non-mem)	AQ1-56301	AQ1-56302