



SWIMMING
LESSONS



Youth Aquatics

PROGRAMS OPEN TO MEMBERS & NON-MEMBERS

HOW TO REGISTER



ONLINE REGISTRATION
Available to members only*
Register online at choicehf.com



Registration Forms available for download online at choicehf.com or in-person at Choice Health & Fitness. Forms can be turned in at Customer Service Desk.

SESSION DATES

SESSION 1

3 - 27 **28**
JUNE JUNE MAY
Reg. Deadline
Late Fee: \$10

REG. OPENS: MAY 6

SESSION 2

8 - 1 **1**
JULY AUGUST JULY
Reg. Deadline
Late Fee: \$10

REG. OPENS: JUNE 10

REGISTRATION OPENS: (SPACE LIMITED)

SESSION 1: Monday, May 6th
SESSION 2: Monday, June 10th

Contact Info: Breanna Nelson & Lisa Rollefstad | 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)	AQ2-3101	AQ2-3102

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)	AQ2-3501	AQ2-3502

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)	AQ2-4451	AQ2-4452
T & TH	5:30 - 6:00 pm	\$84 / \$128 (non-mem)	AQ2-4501	AQ2-4502

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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)	AQ2-51201	AQ2-51202
M & W	5:00 - 5:30 pm	\$84 / \$128 (non-mem)	AQ2-51251	AQ2-51252
M & W	5:30 - 6:00 pm	\$84 / \$128 (non-mem)	AQ2-51301	AQ2-51302
T & TH	4:30 - 5:00 pm	\$84 / \$128 (non-mem)	AQ2-51551	AQ2-51552

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)	AQ2-52101	AQ2-52102
M & W	5:00 - 5:30 pm	\$84 / \$128 (non-mem)	AQ2-52201	AQ2-52202
M & W	5:30 - 6:00 pm	\$84 / \$128 (non-mem)	AQ2-52251	AQ2-52252
T & TH	4:30 - 5:00 pm	\$84 / \$128 (non-mem)	AQ2-52551	AQ2-52552

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)	AQ2-53101	AQ2-53102
M & W	5:00 - 5:30 pm	\$84 / \$128 (non-mem)	AQ2-53201	AQ2-53202
T & TH	4:30 - 5:00 pm	\$84 / \$128 (non-mem)	AQ2-53551	AQ2-53552

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)	AQ2-54301	AQ2-54302
T & TH	5:00 - 5:30 pm	\$84 / \$128 (non-mem)	AQ2-54501	AQ2-54502

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)	AQ2-55301	AQ2-55302
T & TH	5:00 - 5:30 pm	\$84 / \$128 (non-mem)	AQ2-55501	AQ2-55502

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)	AQ2-56301	AQ2-56302
T & TH	5:00 - 5:30 pm	\$84 / \$128 (non-mem)	AQ2-56501	AQ2-56502