

FALL SESSION DATES

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

Session I: **September 3 - September 30** Registration Starts: Mon. Aug. 5 | Reg. Deadline: Aug. 28

Session II: **October 7 - November 9** Registration Starts: Mon. Sept. 9 | Reg. Deadline: Oct. 2
No lessons Oct. 17, 19, 31, Nov. 4, 6

Session III: **November 12 - December 14** Registration Starts: Mon. Oct. 14 | Reg. Deadline: Nov. 6
No lessons Nov. 27, 28, 30 Dec. 12

Level 3 | Bass Freestyle & Elementary Backstroke

Days & Times:

M & W 4:30 - 5:00 pm **T & TH 4:00 - 4:30 pm**
M & W 5:30 - 6:00 pm **T & TH 4:30 - 5:00 pm**

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

Level 4 | Walleye Backstroke & Treading

Days & Times:

M & W 6:00 - 6:30 pm

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

Level 5 | Northern Pike Breaststroke

Days & Times:

M & W 6:00 - 6:30 pm

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

Level 6 | Muskie Master All Strokes

Days & Times:

M & W 6:00 - 6:30 pm

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

CHOICE SWIMMING ACADEMY REGISTRATION FORM - FALL 2019 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: Sept. 3 - Sept. 30 ____ (Deadline: Aug. 28)

SESSION II: Oct. 7 - Nov. 9 ____ (Deadline: Oct. 2)

SESSION III: Nov. 12 - Dec. 14 ____ (Deadline: Nov. 6)

Level 3: Bass

__ M/W | 4:30 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 | 4:30 pm \$76 mem/\$116 non-mem

Level 4: Walleye

__ M/W | 6:00 pm \$76 mem/\$116 non-mem

Level 5: Northern Pike

__ M/W | 6:00 pm \$76 mem/\$116 non-mem

Level 6: Muskie

__ M/W | 6:00 pm \$76 mem/\$116 non-mem

Levels 3-6 **4 yrs & 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 3 | Bass

In this level, children will learn the front crawl with breathing as well as the elementary backstroke.

Level 4 | Northern Pike

In this level, children will learn the backstroke, how to tread water, and sculling.

Level 5 | Walleye

In this level, children will learn the breaststroke and sidestroke.

Level 6 | Muskie

In this final level, children will learn the butterfly, endurance in the water, and turns, as well as master all the strokes learned in previous levels.



CHOICE
HEALTH & FITNESS