Spring 2017 youth PROGRAMS

REGISTRATION FORMS AVAILABLE
ONLINE: CHOICEHF.COM | IN-PERSON: CHOICE HEALTH & FITNESS

***All youth programs are open to non-members except Beginner/Intermediate Multi-sport Athletic Development & TRX Kid Zone which are members only.**

YOUTH RACQUETBALL

CHOICE RACQUETBALL ACADEMY
(GRADES 4 - 8)

SESSION DATES: MARCH 7 - MAY 18 (NO CLASS MARCH 14 & 16)
REGISTRATION DEADLINE: FEB. 27 *($10 late fee after deadline)*

Designed to develop the fundamentals of racquetball, utilizing skill development sessions with our racquetball instructors.

T & TH	4:30 - 5:30 pm	$140 / $170*
TUES	4:30 - 5:30 pm	$70 / $100*

**Cost includes a racquetball starter kit (new racquet, eyewear, & racquetballs)*

YOUTH VOLLEYBALL

CHOICE VOLLEYBALL ACADEMY
(GRADES 4 - 8)

SESSION DATES: MARCH 7 - MAY 18
(NO CLASS MARCH 14, 17, 31, & APRIL 7, 14)
REGISTRATION DEADLINE: FEB. 27 *($10 late fee after deadline)*

Designed to develop the fundamental skills of volleyball, utilizing skill development sessions & lessons with our volleyball instructors.

GRADES 4 - 5

T & F	Tues: 5:45 - 6:45 pm & Fri: 3:30 - 4:30 pm	$136
TUES	Tues: 5:45 - 6:45 pm	$80
FRI	Fri: 3:30 - 4:30 pm	$56

GRADES 6 - 8

T & F	Tues: 6:45 - 7:45 pm & Fri: 4:30 - 5:30 pm	$136
TUES	Tues: 6:45 - 7:45 pm	$80
FRI	Fri: 4:30 - 5:30 pm	$56

YOUTH TRX FITNESS

(*OPEN TO MEMBERS ONLY)

TRX KIDS ZONE | AGES 8 - 17

MARCH 6 - 31	REG. DEADLINE: MARCH 1 ($10 LATE FEE)
APRIL 3 - 28	REG. DEADLINE: MARCH 29 ($10 LATE FEE)
MAY 1 - 26	REG. DEADLINE: APRIL 26 ($10 LATE FEE)

Full-body TRX Suspension training class led by Trainer Zeb Miller. Fun combination of functional training for every child that wants to be active.

SAT	10:00 - 10:30 am	$50	ICON

YOUTH BASKETBALL

CHOICE BASKETBALL ACADEMY
(GRADES K - 8)

SESSION DATES: MARCH 6 - MAY 22 (NO CLASS MARCH 13-16, 18, APRIL 1, 8, 15, 17)
REGISTRATION DEADLINE: FEB. 27 *($10 late fee after deadline)*

Designed to develop the fundamentals of basketball, utilizing skill development sessions with our basketball instructors.

GRADES K - 1

M & W	3:30 pm - 4:30 pm	$160
M & SAT	**M:** 3:30 pm - 4:30 pm **SAT:** 8:00 am - 9:00 am	$136
WED	3:30 pm - 4:30 pm	$80
SAT	8:00 am - 9:00 am	$56

GRADES 2 - 3

M & W	4:30 pm - 5:30 pm	$160
M & SAT	**M:** 4:30 pm - 5:30 pm **SAT:** 9:00 am - 10:00 am	$136
WED	4:30 pm - 5:30 pm	$80
SAT	9:00 am - 10:00 am	$56

GRADES 4 - 5

T & TH	4:00 pm - 5:00 pm	$152
T & SAT	**T:** 4:00 pm - 5:00 pm **SAT:** 10:00 am - 11:00 am	$136
THURS	4:00 pm - 5:00 pm	$80
SAT	10:00 am - 11:00 am	$56

GRADES 6 - 8

M & W	4:00 pm - 5:00 pm	$152
T & SAT	**T:** 4:00 pm - 5:00 pm **SAT:** 10:00 am - 11:00 am	$136
THURS	4:00 pm - 5:00 pm	$80
SAT	10:00 am - 11:00 am	$56

YOUTH TENNIS

TINY TOTS TENNIS (AGES 3-5)

SESSION DATES: MARCH 8 - MAY 20 (NO CLASS MARCH 25, APRIL 1, 15, MAY 3 , 10, 17)
REGISTRATION DEADLINE: FEB. 27 *($10 late fee after deadline)*

Tiny Tots is designed to introduce pre-school children to tennis.
This is a parent-child class, so plan to attend to assist with your child.

Ages 3 - 5	**WED**	1:10 pm - 1:55 pm	$64
Ages 3 - 5	**SAT**	12:10 am - 12:55 am	$64

10 & UNDER TENNIS (AGES 5-10)

SESSION DATES: MARCH 6 - MAY 20 (NO CLASS MARCH 25, APRIL 1, 15)
REGISTRATION DEADLINE: FEB. 27 *($10 late fee after deadline)*

This program provides a progressive approach to tennis success.
Class utilizes scaled courts, low-compression balls, and
smaller racquets to meet each child's developmental needs.

BEGINNER

Ages 5 - 6	**THURS**	3:30 pm - 4:30 pm	$99
	SAT	1:00 pm - 2:00 pm	$72
Ages 7 - 8	**WED**	4:00 pm - 5:00 pm	$99
	SAT	2:00 pm - 3:00 pm	$72
Ages 9 - 10	**WED**	5:00 pm - 6:00 pm	$121
	SAT	3:00 pm - 4:00 pm	$88

INTERMEDIATE

Ages 5 - 6	**THURS**	3:30 pm - 4:30 pm	$99
	SAT	1:00 pm - 2:00 pm	$72
Ages 7 - 8	**M & W**	4:00 pm - 5:00 pm	$231
	MON: 4:00 pm | SAT: 2:00 pm		$198
Ages 9 - 10	**M & W**	5:00 pm - 6:00 pm	$231
	MON: 5:00 pm | SAT: 3:00 pm		$198

ADVANCED

Ages 5 - 6	**T & TH**	3:30 pm - 4:30 pm	$198
Ages 7 - 8	**M & W**	4:00 pm - 5:00 pm	$231
Ages 9 - 10	**M & W**	5:00 pm - 6:00 pm	$231

CHOICE TENNIS ACADEMY (AGES 11-18)

SESSION DATES: MARCH 7 - MAY 18
REGISTRATION DEADLINE: FEB. 27 *($10 late fee after deadline)*

Choice Tennis Academy is designed to develop junior tennis
players through a curriculum that promotes a natural
progression through skill-based levels.

BEGINNER

			member/non-mem
Ages 11 –14	**T & TH**	6:00 pm - 7:00 pm	$242 / $302
	Tues	6:00 pm - 7:00 pm	$121 / $181
Ages 15 –18	**T & TH**	6:00 pm - 7:00 pm	$242 / $302
	Tues	6:00 pm - 7:00 pm	$121 / $181

INTERMEDIATE

			member/non-mem
Ages 11 –14	**T & TH**	4:30 pm - 5:30 pm	$242 / $302
Ages 15 –18	**T & TH**	7:30 pm - 9:00 pm	$352 / $412

ADVANCED

			member/non-mem
Ages 11 –14	**T & TH**	4:30 pm - 6:00 pm	$352 / $412
Ages 15 –18	**T & TH**	7:30 pm - 9:00 pm	$352 / $412

ELITE

			member/non-mem
Ages 15 –18	**T & TH**	7:30 pm - 9:00 pm	$352 / $412

YOUTH AQUATICS

AQUATICS WINTER SESSION DATES

SESSION I: MARCH 20 - APRIL 15
Registration Opens: Feb. 20 | Registration Closes: March 15

SESSION II: APRIL 24 - MAY 18 (NO SATURDAY CLASSES IN SESSION II)**
Registration Opens: March 27 | Registration Closes: April 19

PARENT & ME (AGES 9 MONTHS - 2 YEARS)

Introduction to water for parents & children.
A fun & safe way to get children comfortable in the water.

M & W	6:00 pm - 6:30 pm	$80 (member) / $120 (non-mem)

TINY TOTS SWIMMING (AGES 3-4 YEARS)

Intro to basic water skills & water safety for children.
Offers children a way to get comfortable in water without a parent.

M & W*	10:00 am - 10:30 am	$64 (member) / $104 (non-mem)
M & W*	10:30 am - 11:00 am	$64 (member) / $104 (non-mem)
T & TH	5:30 pm - 6:00 pm	$64 (member) / $104 (non-mem)
SAT**	9:00 am - 9:30 am	$32 (member) / $52 (non-mem)
SAT**	9:30 am - 10:00 am	$32 (member) / $52 (non-mem)

**if numbers are low, classes may be combined*
*** No Saturday classes during Spring Session II*

CHOICE SWIMMING ACADEMY (4 YEARS & UP)

Designed to teach children all levels of swimming, from basic
& competitive skills to rescue strokes & water safety.

LEVEL 1 | SUNFISH

Children will have fun in the water while learning water
basics including bobs & floats.

M & W*	10:00 am - 10:30 am	$64 (member) / $104 (non-mem)
M & W*	10:30 am - 11:00 am	$64 (member) / $104 (non-mem)
M & W	4:15 pm - 4:45 pm	$64 (member) / $104 (non-mem)
M & W	5:30 pm - 6:00 pm	$64 (member) / $104 (non-mem)
T & TH	6:15 pm - 6:45 pm	$64 (member) / $104 (non-mem)
SAT**	9:30 am - 10:00 am	$32 (member) / $52 (non-mem)

**if numbers are low, classes may be combined*
*** No Saturday classes during Spring Session II*

LEVEL 2 | PERCH

Children will learn kicks, glides, & how to roll between front &
back floats. Level also introduces breathing for the front crawl.

M & W	4:15 pm - 4:45 pm	$64 (member) / $104 (non-mem)
M & W	5:30 pm - 6:00 pm	$64 (member) / $104 (non-mem)
T & TH	6:15 pm - 6:45 pm	$64 (member) / $104 (non-mem)
SAT**	9:30 am - 10:00 am	$32 (member) / $52 (non-mem)

*** No Saturday classes during Spring Session II*

LEVEL 3 | BASS

Children will learn front crawl with breathing & elementary backstroke.

M & W	4:15 pm - 4:45 pm	$64 (member) / $104 (non-mem)
M & W	5:30 pm - 6:00 pm	$64 (member) / $104 (non-mem)
T & TH	6:15 pm - 6:45 pm	$64 (member) / $104 (non-mem)

LEVEL 4 | WALLEYE

Children will learn the backstroke, how to tread water, & sculling.

M & W	4:45 pm - 5:15 pm	$64 (member) / $104 (non-mem)
M & W	6:00 pm - 6:30 pm	$64 (member) / $104 (non-mem)

LEVEL 5 | NORTHERN PIKE

Children will learn the breaststroke and sidestroke.

M & W	4:45 pm - 5:15 pm	$64 (member) / $104 (non-mem)
M & W	6:00 pm - 6:30 pm	$64 (member) / $104 (non-mem)

LEVEL 6 | MUSKIE

Children will learn the butterfly, endurance in the water, turns,
as well as master all the strokes learned in previous levels.

M & W	4:45 pm - 5:15 pm	$64 (member) / $104 (non-mem)
M & W	6:00 pm - 6:30 pm	$64 (member) / $104 (non-mem)

YOUTH SPORTS TRAINING

READY TO TAKE YOUR GAME TO THE NEXT LEVEL?

HERE'S HOW TO START:

STEP 1)

Contact Chris Langei (clangei@choicehf.com | 701.746.2790 ext. 205) or Ryan Carlson (rcarlson@choicehf.com | 701.746.2790 ext. 224) to to set up a free needs analysis appointment.

STEP 2)

Meet with our team to determine the program(s) that best fits your goals.

MULTI-SPORT ATHLETIC DEVELOPMENT

BEGINNER/INTERMEDIATE (8-13 YRS)

MARCH 6 - 31 REG. DEADLINE: MARCH 1 ($10 LATE FEE)
APRIL 3 - 28 REG. DEADLINE: MARCH 29 ($10 LATE FEE)
MAY 1 - 26 REG. DEADLINE: APRIL 26 ($10 LATE FEE)

CORE AGILITY | AGES 8 - 12 (*OPEN TO MEMBERS ONLY)

Emphasis on quick feet, change of direction, & core exercises to develop speed, agility, core strength, & body awareness. (at Choice Health & Fitness)

M & W 4:00 pm - 4:30 pm $64 Yoga Room (1st Floor)

FUNCTIONAL STRENGTH | AGES 8 - 12 (*OPEN TO MEMBERS ONLY)

Full-body strengthening class using body weight, medicine balls, kettle bells, & cables to develop body awareness & technique. (at Choice Health & Fitness)

M & W 4:30 pm - 5:00 pm $64 Yoga Room (1st Floor)

CORE AGILITY & STRENGTH | AGES 8 - 12 (*OPEN TO MEMBERS ONLY)

Combines agility & strength classes by including a 1/2 hour of agility training and a 1/2 hour of full-body strengthening exercises. (at Choice Health & Fitness)

SAT 10:00 am - 11:00 am $64 Personal Training Studio

ADVANCED (14 + YRS)

STRENGTH & CONDITIONING

Progressive strength & conditioning program designed by a Certified Strength & Conditioning Specialist. Workouts facilitated by a Personal Trainer who's there to educate & motivate. Program consists of 1-hour sessions 4 times / week.

Location: ICON Sports Center.
Contact: Ryan Carlson | rcarlson@choicehf.com | 701.746.2790 ext. 224

1-ON-1 TRAINING (ALSO AVAILABLE FOR ADULTS)

PERSONAL TRAINING FOR THE ATHLETE

Personalized athletic development & fitness training for athletes.

Contact: Chris Langei | clangei@choicehf.com | 701.746.2790 ext. 205
Ryan Carlson | rcarlson@choicehf.com | 701.746.2790 ext. 224

Personalized Sports Nutrition

Sports Dieticians available through Altru Health System.
Becky Westereng, RD, CSSD, LD, CDE | 701.780.6855
Jennifer Haugen, RD, CSSD, LD | 701.732.7620

SPORT SPECIFIC ATHLETIC DEVELOPMENT

INDIVIDUAL/GROUP TRAINING

BASEBALL/SOFTBALL | INDIVIDUAL / GROUP TRAINING

Live pitching & batting drills. Arm strengthening & injury prevention. Long toss and throwing drills, & speed training for base running/stealing.
Contact: Ryan Carlson | rcarlson@choicehf.com | 701.746.2790 ext. 224

GOLF | INDIVIDUAL / GROUP TRAINING

Great for golfers of any age! Resistance training to improve your golf swing. Unlock your body to drive the ball farther & straighter. Practice correct body posture to fix nagging injuries.
Contact: Ryan Carlson | rcarlson@choicehf.com | 701.746.2790 ext. 224

HOCKEY | INDIVIDUAL / GROUP TRAINING

Agility and strength training offered in and out of hockey season. Classes consist of warmups, agility drills, core strength, hip mobility, and full body strengthening exercises.
Contact: Jorid Dagfinrud | jdagfinrud@choicehf.com | 701.746.2790

OLYMPIC LIFTING | INDIVIDUAL / GROUP TRAINING

Learn proper form and function for the most explosive & technical exercises from a certified Olympic Lifting coach. Fix your flaws, tweak your form & increase your personal bests.

Contact: Ryan Carlson | rcarlson@choicehf.com | 701.746.2790 ext. 224

SOCCER | GROUP TRAINING (AGES 10-18 YEARS)

Athletes will work on the "Triple Threat" athletic skills required to be successful in the game of soccer: strength, speed & quickness, & passing accuracy & consistency.
Contact: Zeb Miller | zmiller@choicehf.com | 701.746.2790 ext. 227

SWIMMING | INDIVIDUAL / GROUP TRAINING

Learn proper form & function to complement your swimming training.
Contact: Dalonda Brooke | dbrooke@choicehf.com | 701.746.2790 ext. 211

TENNIS | INDIVIDUAL / GROUP TRAINING

Improve your performance on the court with sports training sessions created specifically for tennis athletes.

Contact: Ryan Carlson | rcarlson@choicehf.com | 701.746.2790 ext. 224

TRACK | INDIVIDUAL / GROUP TRAINING

Offered in the Spring to any track & field athlete who wants to improve their technique. Instruction will include proper warm-up & cool-down, injury prevention, form running, acceleration, & event specific technique work.
Contact: Lisa Rollefstad, USTF Level II Coach
lrollefstad@choicehf.com | 701.746.2790 ext. 204

TEAM TRAINING (ALSO AVAILABLE FOR ADULTS)

TEAM TRAINING *(*Must have 5 or more to qualify for team rates.)*

Team training available at Choice Health & Fitness & ICON Sports Center. Location will be determined by trainer and coach.

Contact: Chris Langei | clangei@choicehf.com | 701.746.2790 ext. 205
Ryan Carlson | rcarlson@choicehf.com | 701.746.2790 ext. 224