

Youth PROGRAMS

Spring 2016

Registration forms can be found online at choicehf.com or picked up at Choice Health & Fitness | 4401 S. 11th St.

All Youth Programs are open to members and non-members except Performance Enhancement* - which is members only.

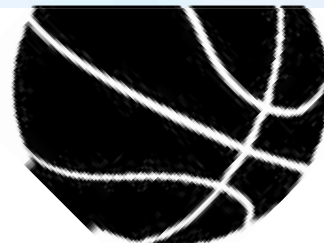
Basketball

Choice Basketball Academy (grades K - 8)

Session Dates: March 7 - May 21 (No Classes March 26, 28, April 2, 9, & May 18)

Registration Deadline: Feb. 29 (add \$10 late fee after deadline)

Choice Basketball Academy is designed to develop the fundamentals of basketball, utilizing skill development sessions with our basketball instructors.



Grades K - 1

T & TH T: 3:30 - 4:30 pm & TH: 3:30 - 4:30 pm / \$160
T & SAT T: 3:30 - 4:30 pm & S: 8:00 - 9:00 am / \$152
TUES T: 3:30 - 4:30 pm / \$88
SAT* S: 8:00 - 9:00 am / \$64 (*session only 8 weeks long)

Grades 2 - 3

T & TH T: 4:30 - 5:30 pm & TH: 4:30 - 5:30 pm / \$160
T & SAT T: 4:30 - 5:30 pm & S: 9:00 - 10:00 am / \$152
TUES T: 4:30 - 5:30 pm / \$88
SAT* S: 9:00 - 10:00 am / \$64 (*session only 8 weeks long)

Grades 4 - 5

M & W M: 3:30 - 4:30 pm & W: 3:30 - 4:30 pm / \$160
M & SAT M: 3:30 - 4:30 pm & S: 10:00 - 11:00 am / \$144
MON M: 3:30 - 4:30 pm / \$80
SAT S: 10:00 - 11:00 am / \$64 (*session only 8 weeks long)

Grades 6 - 8

M & W M: 4:30 - 5:30 pm & W: 4:30 - 5:30 pm / \$160
M & SAT M: 4:30 - 5:30 pm & S: 11:00 am - 12:00 pm / \$144
MON M: 4:30 - 5:30 pm / \$80
SAT* S: 11:00 am - 12:00 pm / \$64 (*session only 8 weeks long)

Performance Enhancement

Spring Performance Enhancement Session Dates

March 7 - April 1 | Registration Deadline: March 2 (\$5 late fee after deadline)

April 4 - April 29 | Registration Deadline: March 30 (\$5 late fee after deadline)

May 2 - May 27 | Registration Deadline: April 27 (\$5 late fee after deadline)

Core Agility (ages 9 - 13 years)

***open to Choice Health & Fitness members only**

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

Mon. & Wed. 4:00 - 4:30 pm \$64

Functional Strength (ages 9 - 13 years)

***open to Choice Health & Fitness members only**

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

Mon. & Wed. 4:30 - 5:00 pm \$64

Frame Work/Power Up (ages 13+ years)

***open to members & non-members**

Full-body strengthening class using a variety of equipment to give you a challenging & functional workout. (at ICON Sports Center)

Mon. & Wed. 4:00 - 5:00 pm \$120

Athletic Development

Athletic Development (15+ years)

***open to members & non-members**

Athletes receive a progressive strength & conditioning program designed by a certified strength and conditioning specialist. Workouts are facilitated by a certified Personal Trainer who will educate about proper technique and progression, and motivate athletes to get the most out of their workout. (at ICON Sports Center)

Contact Ryan Carlson,
a member of the Choice Health & Fitness
Performance Enhancement team, for more information.

Ryan Carlson | rcarlson@choicehf.com | 701.746.2790

**Reservations made on a first come, first served basis.*

Sports Training (all ages)

***open to members & non-members**

Sport-specific training is offered year-round for a variety of sports at ICON Sports Center (1060 47th Ave. South).

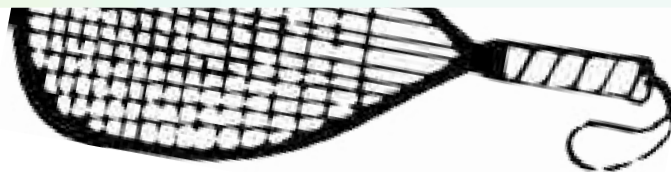
For more information, contact:

Ryan Carlson | rcarlson@choicehf.com | 701.746.2790

**Reservations made on a first come, first served basis.*



Racquetball



Choice Racquetball Academy (grades 4 - 8)

Session Dates: March 8 - May 12 | **Registration Deadline:** Feb. 29 or until full (add \$10 late fee after deadline)

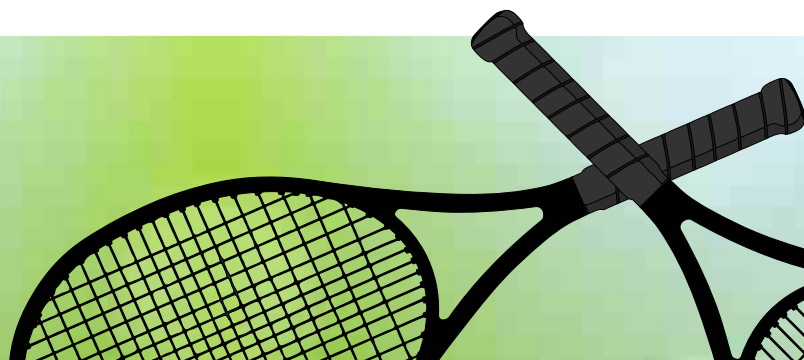
Designed to develop the fundamentals of racquetball, utilizing skill development sessions with our racquetball instructors.

T & TH 4:30 - 5:30 pm \$165* / \$140

TUES 4:30 - 5:30 pm \$95* / \$70

THURS 4:30 - 5:30 pm \$95* / \$70

*Cost: Included in cost is a racquetball starter kit (new racquet, eyewear, & racquetballs)



Tennis



Tiny Tots Tennis (ages 3 - 5)

Session Dates: March 5 - May 7 (No class March 12, 26, May 4)

Registration Deadline: Feb. 29 (add \$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.

WED 1:10 - 1:55 pm \$64

SAT 12:10 - 12:55 pm \$64

10 & Under Tennis (ages 5 - 10)

Session Dates: March 5 - May 18 (No class March 12, 26, & 28)

Registration Deadline: Feb. 29 (add \$10 later deadline)

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

Beginner

Ages 5 - 6 THUR 3:30 - 4:30 pm \$90

SAT 1:00 - 2:00 pm \$81

Ages 7 - 8 WED 4:00 - 5:00 pm \$99

SAT 2:00 - 3:00 pm \$81

Ages 9 - 10 WED 5:00 - 6:00 pm \$121

SAT 3:00 - 4:00 pm \$99

Intermediate

Ages 5 - 6 THURS 3:30 - 4:30 pm \$90

SAT 1:00 - 2:00 pm \$81

Ages 7 - 8 MON (4-5:00 pm) & WED (4-5:00 pm) \$231

MON (4-5:00 pm) & SAT (2-3:00 pm) \$209

Ages 9 - 10 MON (5-6:00 pm) & WED (5-6:00 pm) \$231

MON (5-6:00 pm) & SAT (3-4:00 pm) \$209

Advanced

Ages 5 - 6 T & TH 3:30 - 4:30 pm \$189

Ages 7 - 8 M & W 4:00 - 5:00 pm \$231

Ages 9 - 10 M & W 5:00 - 6:00 pm \$231

Homeschool Tennis (ages 5 - 14)

Session Dates: March 7 - May 2 (No class March 28)

Registration Deadline: Feb. 29 (add \$10 late fee after deadline)

Participants will learn fundamental stroke mechanics, ball control skills, & movement.

Ages 5 - 7 MON 1:00 - 2:00 pm \$64

Ages 8 - 10 MON 1:00 - 2:00 pm \$72

Ages 11 - 14 MON 1:00 - 2:00 pm \$72

Choice Tennis Academy (ages 11 - 18)

Session Dates: March 8 - May 17

Registration Deadline: Feb. 29 (add \$10 later deadline)

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

Beginner

Ages 11 - 14 TUES 6:00 - 7:00 pm \$121

T & TH 6:00 - 7:00 pm \$231

Ages 15 - 18 TUES 6:00 - 7:00 pm \$121

T & TH 6:00 - 7:00 pm \$231

Intermediate

Ages 11 - 14 T & TH 4:30 - 5:30 pm \$231 (mem) \$291 (non-mem)

Ages 15 - 18 T & TH 7:30 - 9:00 pm \$336 (mem) \$396 (non-mem)

Advanced

Ages 11 - 14 T & TH 4:30 - 6:00 pm \$336 (mem) \$396 (non-mem)

Ages 15 - 18 T & TH 7:30 - 9:00 pm \$336 (mem) \$396 (non-mem)

Elite

Ages 15 - 18 T & TH 7:30 - 9:00 pm \$336 (mem) \$396 (non-mem)

Spring Aquatics Session Dates

March 19 - April 18 (No classes March 26 & 28)

Registration begins: Feb. 22 | Registration Deadline: March 16

April 25 - May 19 (No Saturday Session in Session II)**

Registration begins: March 28 | Registration Deadline: April 20

Parent & Me (ages 9 months - 2.5 years)

Introduction to water for parents & children.

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

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

Choice Swimming Academy (4 yrs & up)

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

Level 1 | Sunfish *(*if numbers low, classes may be combined)*

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

M & W* 10:00 - 10:30 am \$56 (mem) / \$96 (non-mem)

M & W* 10:30 - 11:00 am \$56 (mem) / \$96 (non-mem)

M & W 4:15 - 4:45 pm \$56 (mem) / \$96 (non-mem)

M & W 5:30 - 6:00 pm \$56 (mem) / \$96 (non-mem)

T & TH 6:15 - 6:45 pm \$56 (mem) / \$96 (non-mem)

SAT** 9:00 - 9:30 am \$28 (mem) / \$48 (non-mem)

*(*if numbers low, classes may be combined)*

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 - 4:45 pm \$56 (mem) / \$96 (non-mem)

M & W 5:30 - 6:00 pm \$56 (mem) / \$96 (non-mem)

T & TH 6:15 - 6:45 pm \$56 (mem) / \$96 (non-mem)

SAT** 9:30 - 10:00 am \$56 (mem) / \$96 (non-mem)

Aquatics

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 - 10:30 am \$56 (member) / \$96 (non-member)

M & W 10:30 - 11:00 am \$56 (member) / \$96 (non-member)

T & Th 5:30 - 6:00 pm \$56 (member) / \$96 (non-member)

SAT** 9:00 - 9:30 am \$28 (mem) / \$48 (non-mem)

SAT** 9:30 - 10:00 am \$28 (mem) / \$48 (non-mem)



Level 3 | Bass

Children will learn front crawl with breathing & elementary backstroke.

M & W 4:15 - 4:45 pm \$56 (mem) / \$96 (non-mem)

M & W 5:30 - 6:00 pm \$56 (mem) / \$96 (non-mem)

T & TH 6:15 - 6:45 pm \$56 (mem) / \$96 (non-mem)

Level 4 | Walleye

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

M & W 4:45 - 5:15 pm \$56 (mem) / \$96 (non-mem)

M & W 6:00 - 6:30 pm \$56 (mem) / \$96 (non-mem)

Level 5 | Northern Pike

Children will learn the breaststroke and sidestroke.

M & W 4:45 - 5:15 pm \$56 (mem) / \$96 (non-mem)

M & W 6:00 - 6:30 pm \$56 (mem) / \$96 (non-mem)

Level 6 | Muskie

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

M & W 4:45 - 5:15 pm \$56 (mem) / \$96 (non-mem)

M & W 6:00 - 6:30 pm \$56 (mem) / \$96 (non-mem)

Volleyball

Choice Volleyball Academy (grades 4 - 8)

Session Dates: March 8 - May 20 (No Classes March 25, April 1 & 8)

Registration Deadline: Feb. 29 (add \$10 late fee after deadline)

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

Grades 4 - 5

Tues & Fri T: 5:45 - 6:45 pm & F: 3:30 - 4:30 pm \$152

Tuesday only T: 5:45 - 6:45 pm \$88

Friday only* F: 3:30 - 4:30 pm *(*session only 8 weeks long)* \$64

Grades 6 - 8

Tues & Fri T: 6:45 - 7:45 pm & F: 4:30 - 5:30 pm \$152

Tuesday only T: 6:45 - 7:45 pm \$88

Friday only* F: 4:30 - 5:30 pm *(*session only 8 weeks long)* \$64

