



## Fall Session: September 11 - November 16

Registration Deadline: Sept. 5th

**Where:** Choice Health & Fitness | 4401 S 11th St, Grand Forks, ND 58201

League Info:	Day/Time	League Type	Divisions
	Monday   7:30 - 9:00 PM	Singles League	3.5 - 4.0
	Tuesday   7:30 - 9:00 PM	Singles League	4.5+
	Wednesday   7:30 - 9:00 PM	Doubles League	3.5 - 4.5
	Thursday   10:30 AM - 12:00 PM	Doubles & Singles League	2.5 - 3.5
	Thursday   7:30 - 9:00 PM	Singles League	2.5

Player Level:	NTRP	Approximate Level of Player
	2.0 - 3.0	Beginner/Intermediate
	3.5 - 4.0	Intermediate/Advanced
	4.5 - 5.5	Advanced Tournament Player

Cost:	Singles League	Doubles League
	\$15.00 + tax per member	\$9.00 + tax per member
	\$23.75 + tax per non-member	\$14.40 + tax per non-member

Payment must be made at the front desk each day before league begins.

**Deadline:** Tuesday Sept. 5th or until full.

**Rules:** League schedules, rules, & awards will be finalized and announced after registration.  
Email: tiwynne@choicehf.com with questions.

Detach and return to Choice Health & Fitness

### ADULT TENNIS LEAGUE REGISTRATION FORM | Fall Session (Sept. 11 – Nov. 16)

Name: \_\_\_\_\_ Email: \_\_\_\_\_  
Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_  
Phone: (W) \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ (C) \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ (Work) \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_

PLEASE CIRCLE THE LEAGUE & DAY YOU WOULD LIKE TO PLAY: SINGLES | DOUBLES MON. | TUES. | WED. | THURS. A.M. | THURS. P.M.

PLEASE CIRCLE YOUR PLAYER LEVEL BELOW:

2.5      3.0      3.5      4.0      4.5      5.0      Unknown

Return registration forms to Choice Health & Fitness. Leagues are scheduled on a first come, first served basis and will fill up quickly.

For office use only: No payment needed, league charges will be made weekly.

# Choice Sports

## Adult Tennis Leagues

**Why let the kids have all the fun? Join Choice Health & Fitness Adult Tennis Leagues and hit the courts this summer in some friendly competition. League available for all skill levels, beginners - experts. Must be 18 or older. All leagues are coed unless otherwise specified.**

### **DON'T KNOW WHAT LEVEL TO PLAY?**

Our goal is to ensure a competitive league for everyone involved. If you don't have a player rating, we'll help you determine your appropriate level of play. Also, a self-rating guide is available at [www.usta.com](http://www.usta.com).

### **CAN'T COMMIT EVERY WEEK?**

If you will rarely miss, we'll have a sub list of players that can be contacted to ensure your opponent(s) have a match. If you can't commit to a majority of the league nights but would like to play, add your name to our sub list. You'll likely have some opportunities to play during the league.

### **DON'T HAVE A DOUBLES PARTNER?**

You don't register with a partner. The doubles leagues are progressive, meaning, you'll team up with different players each week, based on your results from the previous week.

### **WHERE ARE LEAGUES LOCATED?**

Leagues are held at Choice Health & Fitness.

### **WHAT ARE THE RULES?**

League schedules, rules, & awards will be finalized & announced after registration.

