



Winter Session: January 15-March 22

Registration Deadline: Jan 8th

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: Monday, Jan. 8th 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 | Winter Session (Jan. 15-Mar. 22)

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

PLEASE CIRCLE THE LEAGUE AND DAY YOU WOULD LIKE TO PLAY: SINGLES | DOUBLES 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.

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.

