

## Winter Session #1 Jan. 7-Feb. 13

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

<b>When:</b>	<b>Days / Times</b>	<b>Dates</b>
	Sunday   2:30 - 3:30 PM	Jan 7, 14, 21, 28, Feb. 4, 11
	Monday   7:30 - 8:30 PM	Jan. 8, 15, 22, 29, Feb. 5, 12
	Tuesday   10:30 - 11:30 AM	Jan. 9, 16, 23, 30, Feb. 6, 13

**Cost:** First group lesson: Free | Remaining 5 groups lessons: \$50

**Registration:** Register at Choice Health & Fitness front desk.

**Equipment:** Please wear non-marking shoes and dress comfortably.  
We will provide racquets if needed.

**Contact:** Email Tim Wynn, tiwynne@choicehf.com, with questions.

Detach and return to Choice Health & Fitness.

### ADULT TENNIS INTRO SERIES REGISTRATION FORM | Jan. 7-Feb. 13

Name: \_\_\_\_\_

Email: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Phone: (W) \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ (C) \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_

(Work) \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_

PLEASE SELECT THE SECTION OF GROUP LESSONS IN WHICH YOU WOULD LIKE TO PARTICIPATE:

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SUN | 2:30 - 3:30 PM

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MON | 7:30 - 8:30 PM

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TUES | 10:30 - 11:30 AM

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# FIRST LESSON FREE

# Choice Sports

## Adult Tennis

### INTRO LESSONS

Give tennis a try! Join one of our pros for an adult introductory tennis lesson series. The series consists of 1 free intro group lesson followed by (5) one-hour group lessons. Come learn the basic strokes needed to play this lifetime sport. *A minimum of 3 players are needed to hold the session.*

