

## SPRING SESSION: March 4 - May 18 (No Classes on Mar. 30, Apr. 13, 20, 22)

Registration Deadline: Monday, February 25th (add \$10 late fee after deadline)

BEGINNER	day (choose one)	time	court/equipment details	cost
Ages 5 - 6	THURSDAY	3:30 - 4:30 pm	36' court w/ red low-compression ball	\$99
	SATURDAY	1:00 - 2:00 pm	36' court w/ red low-compression ball	\$72
Ages 7 - 8	WEDNESDAY	4:00 - 5:00 pm	36' court w/ red low-compression ball	\$99
	SATURDAY	2:00 - 3:00 pm	36' court w/ red low-compression ball	\$72
Ages 9 - 10	WEDNESDAY	5:00 - 6:00 pm	60' court w/ orange low-compression ball	\$121
	SATURDAY	3:00 - 4:00 pm	60' court w/ orange low-compression ball	\$88

INTERMEDIATE	day (choose one)	time	court/equipment details	cost
Ages 5 - 6	THURSDAY	3:30 - 4:30 pm	36' court w/ red low-compression ball	\$99
	SATURDAY	1:00 - 2:00 pm	36' court w/ red low-compression ball	\$72
Ages 7 - 8	days	time	court/equipment details	cost
	MON & WED	4:00 - 5:00 pm	60' court w/ orange low-compression ball	\$231
Ages 9 - 10	MON & SAT	M: 4:00   S: 2:00	60' court w/ orange low-compression ball	\$209
	MON & WED	5:00 - 6:00 pm	60' court w/ orange low-compression ball	\$231
	MON & SAT	M: 5:00   S: 3:00	60' court w/ orange low-compression ball	\$209

ADVANCED	days	time	court/equipment details	cost
Ages 5 - 6	TUES & THURS	3:30 - 4:30 pm	36' court w/ red low-compression ball	\$198
Ages 7 - 8	MON & WED	4:00 - 5:00 pm	60' court w/ orange low-compression ball	\$231
Ages 9 - 10	MON & WED	5:00 - 6:00 pm	78' court w/ green reduced-compression ball	\$231

## CHOICE 10 & UNDER TENNIS REGISTRATION FORM - SPRING SESSION: March 4 - May 18

Please complete a separate form for each participant

Name: \_\_\_\_\_ Date of Birth: \_\_\_\_/\_\_\_\_/\_\_\_\_ Gender: M F  
 Parent Name(s): \_\_\_\_\_ Email: \_\_\_\_\_  
 Address: \_\_\_\_\_ City/State/Zip: \_\_\_\_\_  
 Parent Phone: \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ Alternate Phone # (work, mobile, etc.) \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_

I hereby acknowledge the health of my child, listed above, to be ready for vigorous activity and authorize the directors to secure any emergency treatment deemed necessary, and that I hereby release the Grand Forks Park District, Choice Health & Fitness and all employees, executors, and heirs from all claims for injuries, which may be sustained by my child while attending this program. I also understand that any medical bills incurred by my child due to injuries will be my responsibility or the responsibility of my family health insurance plan.

Parent or Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Please check the following level & age group you would like your son/daughter to participate in along with the class day(s) & time you prefer →

All players will receive one t-shirt during the 2019 season. Additional shirts may be purchased for \$10.00.

Select size: YM YL S M L XL

### BEGINNER

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

### INTERMEDIATE

**AGES 5 - 6**  
 \_\_\_\_ THURS (3:30 pm) - \$99  
 \_\_\_\_ SAT (1:00 pm) - \$72  
**AGES 7 - 8**  
 \_\_\_\_ MON & WED (4:00 pm) - \$231  
 \_\_\_\_ MON & SAT  
 (M - 4:00 | S - 2:00) - \$209  
**AGES 9 - 10**  
 \_\_\_\_ MON & WED (5:00 pm) - \$231  
 \_\_\_\_ MON & SAT  
 (M - 5:00 | S - 3:00) - \$209

### ADVANCED

**AGES 5 - 6**  
 \_\_\_\_ TUES & THURS (3:30 pm) - \$198  
**AGES 7 - 8**  
 \_\_\_\_ MON & WED (4:00 pm) - \$231  
**AGES 9 - 10**  
 \_\_\_\_ MON & WED (5:00 pm) - \$231

# CHOICE 10 & under TENNIS

Choice 10 & Under Tennis Program provides a progressive approach to tennis success. The class utilizes scaled courts, low-compression balls, and smaller racquets to meet each child's developmental needs. The game-based curriculum allows kids to quickly learn the fundamentals of the game in a fun, action-filled environment where they are playing and competing with their peers.

## BEGINNER

*(For players relatively new to tennis)*

Participants will work on balance, movement, and coordination while being introduced to the basic strokes of tennis. Emphasis is on basic racquet and ball control.

## INTERMEDIATE

*(For players who met requirements of beginner program)*

Participants will continue to develop the fundamentals of the game while being introduced to progressive strokes, footwork, and strategy. The general focus is on the ability to rally with proper technique.

## ADVANCED

*(For players who met requirements of intermediate program)*

Participants will perfect their basic skills while learning court positioning and grips that enhance spin and strategy. Emphasis is on development of an all court game.

