

## FALL 2019 SESSION September 8 - October 15

**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    | Sept 8, 15, 22, 29, Oct 6, 13 |
|              | Monday   7:30 - 8:30 PM    | Sept 9, 16, 23, 30, Oct 7, 14 |
|              | Tuesday   10:30 - 11:30 AM | Sept 10, 17, 24, Oct 1, 8, 15 |

**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 Wynne at [tiwynne@choicehf.com](mailto:tiwynne@choicehf.com) with questions.

Detach and return to Choice Health & Fitness.

### ADULT TENNIS INTRO SERIES REGISTRATION FORM | SEPTEMBER 8 - OCTOBER 15

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:



SUN | 2:30 - 3:30 PM  
Sept. 8, 15, 22, 29, Oct 6, 13



MON | 7:30 - 8:30 PM  
Sept. 9, 16, 23, 30, Oct 7, 14



TUES | 10:30 - 11:30 AM  
Sept. 10, 17, 24, Oct 1, 8, 15

# 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.*

