

Spring Session 1 Feb. 23 - Mar. 31

Spring Session 2 Apr 5 - May 19

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

Session 1:

Days / Times	Dates
Sunday 2:30 - 3:30 PM	Feb. 23, Mar. 1, 8, 15, 22, 29
Monday 7:30 - 8:30 PM	Feb. 24, Mar. 2, 9, 16, 23, 30
Tuesday 10:30 - 11:30 AM	Feb. 25, Mar. 3, 10, 17, 24, 31

Session 2:

Days / Times	Dates
Sunday 2:30 - 3:30 PM	Apr. 5, 19, 26, May 3, 10, 17
Monday 7:30 - 8:30 PM	Apr. 6, 20, 27, May 4, 11, 18
Tuesday 10:30 - 11:30 AM	Apr. 7, 21, 28, May 5, 12, 19

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

Registration: Register at Choice Health & Fitness Customer Service Desk.

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

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

ADULT TENNIS INTRO SERIES REGISTRATION FORM

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

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

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SESSION 2: Apr. 5 - May. 19

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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.*

