



SPORTS  
TRAINING

# Athletic Development CAMPS & PROGRAMS

## PROGRAMS OPEN TO MEMBERS & NON-MEMBERS

### HOW TO REGISTER



**ONLINE REGISTRATION**  
Available to members only\*  
Register online at [choicehf.com](http://choicehf.com)



Registration Forms available for download online at [choicehf.com](http://choicehf.com) or in-person at Choice Health & Fitness. Forms can be turned in at Customer Service Desk.

## CORE STRENGTH & AGILITY

**Contact Info:** Austin Jackson | [ajackson@choicehf.com](mailto:ajackson@choicehf.com) | 701.746.2790

Full-body strengthening using body weight, medicine balls, kettlebells, and cables to develop body awareness and proper technique. Class emphasizes quick feet, change of direction, and core exercises to develop agility, core strength, and body awareness.

**Trainer:** Austin Jackson

**Location:** PT Studio/ICON

**Max Class Capacity:** 12

### SESSION 1

**4-28**  
JUNE JUNE  
Reg. Deadline  
Late Fee: \$10

REG. OPENS: APRIL 29

### SESSION 2

**8-2**  
JULY AUGUST  
Reg. Deadline  
Late Fee: \$10

REG. OPENS: JUNE 3

### SESSION 3

**5-23**  
AUGUST AUGUST  
Reg. Deadline  
Late Fee: \$10

REG. OPENS: JULY 1

## ELEMENTARY | 8 - 11 YEARS

GROUP	DAYS	TIME	SESSION 1 COST / CODE	SESSION 2 COST / CODE	SESSION 3 COST / CODE
Boys	M & W	11:00 am - 11:30 am	\$80/\$110 (non-mem)   FT2-32051	\$80/\$110 (non-mem)   FT2-32052	\$60/\$90 (non-mem)   FT2-32053
Girls	M & W	11:30 am - 12:00 pm	\$80/\$110 (non-mem)   FT2-32101	\$80/\$110 (non-mem)   FT2-32102	\$60/\$90 (non-mem)   FT2-32103
Boys	T & TH	11:00 am - 11:30 am	\$80/\$110 (non-mem)   FT2-32151	\$80/\$110 (non-mem)   FT2-32152	\$60/\$90 (non-mem)   FT2-32153
Girls	T & TH	11:30 am - 12:00 pm	\$80/\$110 (non-mem)   FT2-32171	\$80/\$110 (non-mem)   FT2-32172	\$60/\$90 (non-mem)   FT2-32173

## MIDDLE SCHOOL | 12 - 14 YEARS

GROUP	DAYS	TIME	SESSION 1 COST / CODE	SESSION 2 COST / CODE	SESSION 3 COST / CODE
Boys	M & W	12:00 pm - 12:45 pm	\$112/\$142 (non-mem)   FT2-32501	\$112/\$142 (non-mem)   FT2-32502	\$84/\$114 (non-mem)   FT2-32503
Girls	M & W	12:45 pm - 1:30 pm	\$112/\$142 (non-mem)   FT2-32531	\$112/\$142 (non-mem)   FT2-32532	\$84/\$114 (non-mem)   FT2-32533
Boys	T & TH	12:00 pm - 12:45 pm	\$112/\$142 (non-mem)   FT2-32701	\$112/\$142 (non-mem)   FT2-32702	\$84/\$114 (non-mem)   FT2-32703
Girls	T & TH	12:45 pm - 1:30 pm	\$112/\$142 (non-mem)   FT2-32731	\$112/\$142 (non-mem)   FT2-32732	\$84/\$114 (non-mem)   FT2-32733

# ATHLETIC DEVELOPMENT CAMPS (AGES 8+)

## PROGRAMS OPEN TO MEMBERS & NON-MEMBERS

### SESSION 1

3 + 9  
 JUNE AUGUST

28 MAY  
 Reg. Deadline  
 Late Fee: \$10

REG. OPENS: APRIL 29  
 NO CLASS: JULY 3 - 8

**How to Register:** Set up free needs analysis and goal setting meeting trainer of your choice to determine which group will fit your athlete best!

**Contact Info:** Austin Jackson | sportstraining@choicehf.com | 701.746.2790

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## POST GRAD & HIGH SCHOOL BOYS

GROUP	TRAINER	DAYS	TIME	LOCATION	COST / CODE	MAX CAPACITY
Post Grad & HS Boys	CHF Staff	M, T, TH, F	6:30 - 7:30 am	Altru PC	\$558 / FT2-2301	18 Athletes
Post Grad & HS Boys	CHF Staff	M, T, TH, F	7:30 - 8:30 am	Altru PC	\$558 / FT2-2311	18 Athletes

## HIGH SCHOOL BOYS

GROUP	TRAINER	DAYS	TIME	LOCATION	COST / CODE	MAX CAPACITY
High School Boys	CHF Staff	M, T, W, TH	9:15 - 10:15 am	Altru PC	\$558 / FT2-2331	14 Athletes
High School Boys	CHF Staff	M, T, W, TH	10:15 - 11:15 am	Altru PC	\$558 / FT2-2341	14 Athletes

## BOYS BANTAM

GROUP	TRAINER	DAYS	TIME	LOCATION	COST / CODE	MAX CAPACITY
Bantam Boys	CHF Staff	T & TH	8:00 - 8:45 am	Altru PC	\$225 / FT2-2201	14 Athletes
Adv. Bantam Boys	CHF Staff	M, W, F	8:00 - 8:45 am	Altru PC	\$337.50 / FT2-2101	14 Athletes

## BOYS PEEWEE

GROUP	TRAINER	DAYS	TIME	LOCATION	COST / CODE	MAX CAPACITY
Peewee Boys	CHF Staff	T & TH	11:15 am - 12:00 pm	Altru PC	\$225 / FT2-2151	14 Athletes
Adv. Peewee Boys	CHF Staff	M & W	11:15 am - 12:00 pm	Altru PC	\$225 / FT2-2051	14 Athletes

## HIGH SCHOOL GIRLS

GROUP	TRAINER	DAYS	TIME	LOCATION	COST / CODE	MAX CAPACITY
High School Girls	CHF Staff	M, T, TH	11:00 am - 12:00 pm	ICON	\$405 / FT2-2251	14 Athletes

### DON'T SEE A TIME THAT WORKS FOR YOU OR YOUR TEAM? NO PROBLEM!

Contact Chris Langei or Austin Jackson to coordinate a time that works with your schedule.  
 sportstraining@choicehf.com | 701.746.2790