



YOUTH
BASKETBALL

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PROGRAMS OPEN TO MEMBERS & NON-MEMBERS

HOW TO REGISTER



ONLINE REGISTRATION

Available to members only*

Register online at choicehf.com



Registration Forms available for download online at choicehf.com or in-person at Choice Health & Fitness. Forms can be turned in at Customer Service Desk.

CHOICE BASKETBALL ACADEMY (GRADES K - 6)

3 + **17**
MARCH MAY

24
FEB.

Reg. Deadline
Late Fee: \$10

REG. OPENS: JAN. 27

NO CLASS: MARCH 10 - 14, & 29

NO CLASS: APRIL 5, 19, & 21

Location: Choice Health & Fitness Gymnasium

Basketball Academy is designed for young athletes or first-timers with a focus on the basics: dribbling, shooting, teamwork, and FUN! Instructors will use a variety of games and drills to help kids develop motor skills and basketball fundamentals while competing in a fun environment.

Contact Info: Tony Peterson & Lisa Rollefstad | sports@choicehf.com | 701.746.2790

GRADES K-1

| DAYS | TIME | COST | REGISTRATION CODE | MAX CLASS CAPACITY |
|-------|-------------------|-------|-------------------|--------------------|
| M & W | 3:30 pm - 4:30 pm | \$200 | BB1-3110 | 8 Players |
| MON | 3:30 pm - 4:30 pm | \$95 | BB1-3120 | 4 Players |
| WED | 3:30 pm - 4:30 pm | \$105 | BB1-3130 | 4 Players |
| SAT | 8:00 am - 9:00 am | \$84 | BB1-3140 | 12 Players |

GRADES 2-3

| DAYS | TIME | COST | REGISTRATION CODE | MAX CLASS CAPACITY |
|-------|--------------------|-------|-------------------|--------------------|
| M & W | 4:30 pm - 5:30 pm | \$200 | BB1-3210 | 8 Players |
| MON | 4:30 pm - 5:30 pm | \$95 | BB1-3220 | 4 Players |
| WED | 4:30 pm - 5:30 pm | \$105 | BB1-3230 | 4 Players |
| SAT | 9:00 am - 10:00 am | \$84 | BB1-3240 | 12 Players |

GRADES 4-6

| DAYS | TIME | COST | REGISTRATION CODE | MAX CLASS CAPACITY |
|------|---------------------|------|-------------------|--------------------|
| SAT | 10:00 am - 11:00 am | \$84 | BB1-3340 | 12 Players |



BASKETBALL SKILL DEVELOPMENT (GRADES 3-7)

1
+ 6
24
APRIL
MAY
MARCH
 Reg. Deadline
 Late Fee: \$10
 REG. OPENS: JAN. 27

Location: Choice Health & Fitness Gymnasium

Level up your game! Our Skill Development Programs are designed for young athletes with previous basketball experience and will offer more in-depth basketball training for players looking to move beyond the basics.

Contact Info: Tony Peterson & Lisa Rollefstad | sports@choicehf.com | 701.746.2790

INTERMEDIATE (GRADES 3 - 6)

Intermediate Skill Development is a blend of fun and focused training for young athletes ready to take their game past the fundamentals. Players will use a mix of athletic training and skill development to improve their ball handling, footwork, and offensive training.

| DAYS | TIME | COST | REGISTRATION CODE | MAX CLASS CAPACITY |
|------|-------------------|------|-------------------|--------------------|
| TUES | 6:00 pm - 6:45 pm | \$75 | BB1-4380 | 14 Players |

ADVANCED (GRADES 4 - 7)

Advanced Skill Development is intended for players with 2+ years of experience (*organized team experience or similar*) looking to improve their skills and athletic performance.

The Advanced Program training sessions will be divided into 3 sections:

- Athletic Development (Footwork and Plyometric Training)
- Skills (Ball Handling and Offensive Moves)
- Competition (Drills and Gameplay)

| DAYS | TIME | COST | REGISTRATION CODE | MAX CLASS CAPACITY |
|------|-------------------|------|-------------------|--------------------|
| TUES | 6:45 pm - 7:30 pm | \$75 | BB1-4385 | 14 Players |