



Athletic Development CAMPS & PROGRAMS

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.

CORE STRENGTH & AGILITY

Contact Info: Austin Jackson | 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. *(Limited Space)*

Trainer: Caleb Fitch

Location: PT Studio/ICON

SESSION 1

2-27
JUNE JUNE
27
MAY
Reg. Deadline
Late Fee: \$10

REG. OPENS: APRIL 28

SESSION 2

7-1
JULY AUGUST
30
JUNE
Reg. Deadline
Late Fee: \$10

REG. OPENS: JUNE 2

SESSION 3

4-22
AUGUST AUGUST
28
JULY
Reg. Deadline
Late Fee: \$10

REG. OPENS: JUNE 30

ELEMENTARY | 8 - 10 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/\$115 (non-mem) FT2-32051	\$80/\$115 (non-mem) FT2-32052	\$60/\$95 (non-mem) FT2-32053
Girls	M&W	11:30 am - 12:00 pm	\$80/\$115 (non-mem) FT2-32101	\$80/\$115 (non-mem) FT2-32102	\$60/\$95 (non-mem) FT2-32103
Boys	T & TH	11:00 am - 11:30 am	\$80/\$115 (non-mem) FT2-32151	\$80/\$115 (non-mem) FT2-32152	\$60/\$95 (non-mem) FT2-32153
Girls	T & TH	11:30 am - 12:00 pm	\$80/\$115 (non-mem) FT2-32171	\$80/\$115 (non-mem) FT2-32172	\$60/\$95 (non-mem) FT2-32173
Coed	M&W	4:00 pm - 4:30 pm	\$80/\$115 (non-mem) FT2-32251	\$80/\$115 (non-mem) FT2-32252	\$60/\$95 (non-mem) FT2-32253
Coed	T & TH	4:00 pm - 4:30 pm	\$80/\$115 (non-mem) FT2-32351	\$80/\$115 (non-mem) FT2-32352	\$60/\$95 (non-mem) FT2-32353

MIDDLE SCHOOL | 11 - 13 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/\$147 (non-mem) FT2-32501	\$112/\$147 (non-mem) FT2-32502	\$84/\$119 (non-mem) FT2-32503
Girls	M&W	12:45 pm - 1:30 pm	\$112/\$147 (non-mem) FT2-32531	\$112/\$147 (non-mem) FT2-32532	\$84/\$119 (non-mem) FT2-32533
Boys	T & TH	12:00 pm - 12:45 pm	\$112/\$147 (non-mem) FT2-32701	\$112/\$147 (non-mem) FT2-32702	\$84/\$119 (non-mem) FT2-32703
Coed	M&W	4:30 pm - 5:15 pm	\$112/\$147 (non-mem) FT2-32851	\$112/\$147 (non-mem) FT2-32852	\$84/\$119 (non-mem) FT2-32853
Coed	T & TH	4:30 pm - 5:15 pm	\$112/\$147 (non-mem) FT2-32901	\$112/\$147 (non-mem) FT2-32902	\$84/\$119 (non-mem) FT2-32903

ATHLETIC DEVELOPMENT CAMPS (AGES 8+)

PROGRAMS OPEN TO MEMBERS & NON-MEMBERS

SESSION 1



REG. OPENS: APRIL 28
NO CLASS: JUNE 30 - JULY 4

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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(Limited Space)

POST GRAD & HIGH SCHOOL BOYS

GROUP	TRAINER	DAYS	TIME	LOCATION	COST
Post Grad & HS Boys	CHF Staff	M, T, TH, F	6:30 am - 7:30 am	Altru PC	\$558
Post Grad & HS Boys	CHF Staff	M, T, TH, F	7:30 am - 8:30 am	Altru PC	\$558

HIGH SCHOOL BOYS

GROUP	TRAINER	DAYS	TIME	LOCATION	COST
High School Boys	CHF Staff	M, T, W, TH	9:15 am - 10:15 am	Altru PC	\$558
High School Boys	CHF Staff	M, T, W, TH	10:15 am - 11:15 am	Altru PC	\$558

BOYS BANTAM

GROUP	TRAINER	DAYS	TIME	LOCATION	COST
Bantam Boys	CHF Staff	T & TH	8:00 am - 8:45 am	Altru PC	\$225
Adv. Bantam Boys	CHF Staff	M, W, F	8:00 am - 8:45 am	Altru PC	\$337.50
Adv. Bantam Boys	CHF Staff	M, T, TH	10:30 am - 11:15 am	Altru PC	\$337.50

BOYS PEEWEE

GROUP	TRAINER	DAYS	TIME	LOCATION	COST
Pee wee Boys	CHF Staff	T & TH	11:15 am - 12:00 pm	Altru PC	\$225
Adv. Pee wee Boys	CHF Staff	M & W	11:15 am - 12:00 pm	Altru PC	\$225

HIGH SCHOOL GIRLS

GROUP	TRAINER	DAYS	TIME	LOCATION	COST
High School Girls	CHF Staff	M, T, TH	11:00 am - 12:00 pm	Altru PC	\$405

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