



Youth TENNIS

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.



TINY TOTS TENNIS (3 - 5 YEARS)

3 JUNE - **31** JULY

27 MAY

Reg. Deadline
Late Fee: \$10

REG. OPENS: APRIL 28

NO CLASS: JULY 1 & 3

Location: Choice Tennis Courts

Tiny Tots introduces pre-school aged children to tennis. Parent-child class, so plan to attend to assist your child.
(Limited Space)

AGES	DAYS	TIME	COST	REG. CODE
3-5	TUES	1:10 pm - 1:50 pm	\$76	TN2-309
3-5	THURS	1:10 pm - 1:50 pm	\$76	TN2-330



Summer Tennis TOURNAMENT

GRAND FORKS CLASSIC TENNIS TOURNAMENT

JUNE 20 - 22

Ages: Youth & Adult

Level: USTA Level 6

Location: Choice Health & Fitness

To Register Visit:

playtennis.usta.com/tournaments

10 & UNDER TENNIS (5 - 10 YEARS)



2 + 13
JUNE AUGUST

27
MAY

Reg. Deadline
Late Fee: \$10

REG. OPENS: APRIL 28
NO CLASS: JUNE 30 & JULY 2

Location: Choice Tennis Courts

A progressive approach to tennis success. Class utilizes scaled courts, low-compression balls, & smaller racquets to meet each child's developmental needs.

(Limited Space)

10 & UNDER TENNIS | BEGINNER

AGES	DAYS	TIME	COST	REGISTRATION CODE
5-6	MON	1:00 pm - 2:00 pm	\$105	TN2-4102
5-6	WED	1:00 pm - 2:00 pm	\$105	TN2-4106
7-8	MON	2:00 pm - 3:00 pm	\$105	TN2-4133
7-8	WED	2:00 pm - 3:00 pm	\$105	TN2-4138
9-10	MON	3:00 pm - 4:00 pm	\$125	TN2-4165
9-10	WED	3:00 pm - 4:00 pm	\$125	TN2-4168

10 & UNDER TENNIS | INTERMEDIATE

AGES	DAYS	TIME	COST	REGISTRATION CODE
5-6	MON	1:00 pm - 2:00 pm	\$105	TN2-4202
5-6	WED	1:00 pm - 2:00 pm	\$105	TN2-4206
7-8	M & W	2:00 pm - 3:00 pm	\$250	TN2-4238
9-10	M & W	3:00 pm - 4:00 pm	\$250	TN2-4268

10 & UNDER TENNIS | ADVANCED

AGES	DAYS	TIME	COST	REGISTRATION CODE
5-6	M & W	1:00 pm - 2:00 pm	\$210	TN2-4305
7-8	M & W	2:00 pm - 3:00 pm	\$250	TN2-4338
9-10	M & W	3:00 pm - 4:00 pm	\$250	TN2-4368

TENNIS ACADEMY (11 - 18 YEARS)

3 + 14
JUNE AUGUST

27
MAY

Reg. Deadline
Late Fee: \$10

REG. OPENS: APRIL 28
NO CLASS: JULY 1 & 3

Location: Choice Tennis Courts

Designed to develop junior tennis players through a curriculum which promotes a natural progression through skill-based levels. (Limited Space)

Contact Info: Tim Wynne & Lisa Rollefstad | 701.746.2790

TENNIS ACADEMY | BEGINNER

AGES	DAYS	TIME	COST	REGISTRATION CODE
11-14	T & TH	2:30 pm - 3:30 pm	\$250	TN2-5105
11-14	TUES	2:30 pm - 3:30 pm	\$125	TN2-5115
15-18	T & TH	2:30 pm - 3:30 pm	\$250	TN2-5145
15-18	TUES	2:30 pm - 3:30 pm	\$125	TN2-5155

TENNIS ACADEMY | INTERMEDIATE

AGES	DAYS	TIME	COST	REGISTRATION CODE
11-14	T & TH	10:30 am - 11:30 am	\$250 \$355 (non-mem)	TN2-5205
15-18	T & TH	3:30 pm - 5:00 pm	\$350 \$455 (non-mem)	TN2-5245

TENNIS ACADEMY | ADVANCED

AGES	DAYS	TIME	COST	REGISTRATION CODE
11-14	T & TH	10:30 am - 12:00 pm	\$350 \$455 (non-mem)	TN2-5305
15-18	T & TH	3:30 pm - 5:00 pm	\$350 \$455 (non-mem)	TN2-5345