



BASKETBALL

Youth

BASKETBALL

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)

2 DEC. + **22** FEB.

25 NOV.

Reg. Deadline
Late Fee: \$10

REG. OPENS: OCT. 28
NO CLASS: DEC. 23 - JAN. 4

Location: Choice Health & Fitness Gymnasium

Basketball Academy is designed to develop the fundamentals of basketball by utilizing skill development sessions with our basketball instructors. Participants will improve their basketball and motor skills while enjoying competitive drills and game-like situations.

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	\$210	BB4-3110	8 Players
MON	3:30 pm - 4:30 pm	\$105	BB4-3120	4 Players
WED	3:30 pm - 4:30 pm	\$105	BB4-3130	4 Players
SAT	8:00 am - 9:00 am	\$105	BB4-3140	12 Players

GRADES 2-3

DAYS	TIME	COST	REGISTRATION CODE	MAX CLASS CAPACITY
M & W	4:30 pm - 5:30 pm	\$210	BB4-3210	8 Players
MON	4:30 pm - 5:30 pm	\$105	BB4-3220	4 Players
WED	4:30 pm - 5:30 pm	\$105	BB4-3230	4 Players
SAT	9:00 am - 10:00 am	\$105	BB4-3240	12 Players

GRADES 4-6

DAYS	TIME	COST	REGISTRATION CODE	MAX CLASS CAPACITY
SAT	10:00 am - 11:00 am	\$105	BB4-3340	12 Players



BASKETBALL SKILLS CLINIC (GRADES 4-7) (BALL HANDLING/FOOTWORK/OFFENSIVE MOVES)

7 + **4** **30**
 JAN. FEB. DEC.
 Reg. Deadline
 Late Fee: \$10

REG. OPENS: DEC. 2

Location: Choice Health & Fitness Gymnasium

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

Player will work on ball handling skills, (dribbling, moving with the ball, passing, etc.), foot speed, and agility. Players will work on shooting from all ranges off the pass, off the dribble, and off the screen, as well as post moves.

DAYS	TIME	COST	REGISTRATION CODE	MAX CLASS CAPACITY
TUES	6:00 pm - 6:45 pm	\$60	BB4-4380	12 Players