



# Youth TENNIS

## 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.



## TINY TOTS TENNIS (3 - 5 YEARS)

**4** - **1** **28**  
JUNE AUGUST MAY  
Reg. Deadline  
Late Fee: \$10

REG. OPENS: APRIL 29  
NO CLASS: JULY 1 - 5

**Location:** Choice Tennis Courts

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

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 21 - 23, 2024**

**Ages:** Youth & Adult

**Level:** USTA Level 6

**Location:** Choice Health & Fitness

**To Register Visit:**

[playtennis.usta.com/tournaments](http://playtennis.usta.com/tournaments)

## 10 & UNDER TENNIS (5 - 10 YEARS)



YOUTH  
TENNIS

**3** - **14**  
JUNE AUGUST

**28**  
MAY

Reg. Deadline  
Late Fee: \$10

**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.

REG. OPENS: APRIL 29  
NO CLASS: JULY 1-5

### 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)

**4** - **15**  
JUNE AUGUST

**28**  
MAY

Reg. Deadline  
Late Fee: \$10

**Location:** Choice Tennis Courts

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

REG. OPENS: APRIL 29  
NO CLASS: JULY 1-5

**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   \$340 (non-mem)	TN2-5205
15-18	T & TH	3:30 pm - 5:00 pm	\$350   \$440 (non-mem)	TN2-5245

### TENNIS ACADEMY | ADVANCED

AGES	DAYS	TIME	COST	REGISTRATION CODE
11-14	T & TH	10:30 am - 12:00 am	\$350   \$440 (non-mem)	TN2-5305
15-18	T & TH	3:30 pm - 5:00 pm	\$350   \$440 (non-mem)	TN2-5345