



RACQUET SPORTS

TENNIS INFORMATION

Tennis Court Reservations

Choice Health & Fitness has 6 tennis courts available for rental during times not designated for programs. Court reservations may be made up to 7 days in advance. Call or stop by our Customer Service Desk. | **701.746.2790**

COURT RATES

Court rates divided among number of players using court.

Members \$16.00 + tax per hour
Non-members \$16.00 + tax per hour + a guest fee.

Youth Tennis

Please refer to individual session registration forms for specific dates and rates.

TINY TOTS TENNIS (Ages 3 - 5 yrs.)

Tiny Tots is designed to introduce pre-school children to tennis. Parent-child class, so plan to attend and assist your child.

10 & UNDER TENNIS (Ages 5 - 10 yrs.)

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

HOMESCHOOL TENNIS (Ages 5 - 14 yrs.)

Participants will learn fundamental stroke mechanics, ball control skills, & movement.

TENNIS ACADEMY (Ages 11 - 18 yrs.)

Choice Tennis Academy is designed to develop junior tennis players through a curriculum which promotes a natural progression through skill-based levels.

MATCH PLAY DAYS (Ages 5 - 18 yrs.)

2 - 3 hour events allow kids of every ability level to play in a fun yet competitive environment. Check tennis bulletin board for schedule and more information.

CHOICE TENNIS CAMPS (Grades 7 - 12)

Concentrated group of lessons covering all aspects of

Adult Tennis

Please refer to individual session registrations for specific dates & rates.

ADULT INTRO SERIES (1st Lesson is Free)

Give tennis a try! Join one of our pros for an adult introductory tennis lesson series. Series consists of (1) free group lesson followed by (5) one-hour group lessons. *Minimum 3 players needed to hold session.*

CARDIO TENNIS

Looking for a little fun in your workout? Try cardio tennis! This high energy class combines the sport of tennis with a cardio exercise to give you a full-body, calorie burning, aerobic workout.

DAY/TIME: Wednesday | 7:30 - 8:30 pm

COST: Member: \$6 | Non-Member: \$12

ADULT TENNIS DRILLS (*Adults age 18+)

Tennis drills are our most popular tennis activity. Our pros lead groups of players through a variety of on-court drills. Participants are grouped with players who have similar abilities. Previous tennis experience necessary.

**Youth age 16-17 may participate if there is room & they have been approved by one of the tennis pros. Adults 18+ have priority.*

Questions? Contact one of our tennis pros at 701.746.2790.

DRILL PRICES	Noon Drills	Other Drills
Member	\$9	\$12
Non-Member	\$14	\$18

DAYS/TIMES:

Monday	9:00 - 10:30 am	6:00 - 7:30 pm
Tuesday	9:00 - 10:30 am	12:00 - 1:00 pm 6:00 - 7:30 pm
Wednesday	9:00 - 10:30 am	6:00 - 7:30 pm
Thursday	9:00 - 10:30 am	12:00 - 1:00 pm 6:00 - 7:30 pm
Friday	10:30 am - noon	
Saturday	9:00 - 10:30 am	
Sunday	1:00 - 2:30 pm	

ADULT TENNIS LEAGUES (Adults age 18+)

Hit the court in some competitive fun this season! Contact one of our tennis pros to determine which league is appropriate for you or check on league openings, 701.746.2790.

SINGLES & DOUBLES LEAGUES

Players are assigned a weekly schedule and should plan to play each week unless you arrange for a sub.



RACQUET SPORTS

TENNIS & RACQUETBALL INFO

Tennis & Racquetball Equipment

Racquetball and tennis balls are sold at the service desk.
Racquet re-stringing available. See Customer Service for info & rates.

EQUIPMENT RENTAL:

Tennis Racquet \$3.00 + tax

Tennis Balls Practice balls available at service desk for no charge.

Racquetball Kit \$3.00 + tax (racquet, eyewear, & ball)

Private Lessons (Youth & Adult)

We offer private tennis & racquetball lessons for every ability.

PRIVATE TENNIS LESSONS

Contact one of our tennis pros to schedule a time. | **701.746.2790**
Please refer to private lesson form for specific rates & additional info.

TYPES OF LESSONS: Private, Semi-Private, Group (3+)
LESSON DURATION: 30 minutes, 1 hour, 1.5 hours, 2 hours

PRIVATE RACQUETBALL LESSONS

To schedule a lesson, contact Sports & Recreation Manager,
Lisa Rollefstad: lrollerstad@choicehf.com | 701.746.2790
Please refer to private lesson form for specific rates & additional info.

TYPES OF LESSONS: Private, Semi-Private, Group (3+)
LESSON DURATION: 30 minutes, 1 hour

Tennis & Racquetball Tournament & Dual Schedule

Note: Schedule is subject to change.

2015

Sept. 18	Hit with UND Tennis Mixer
Sept. 19-20	Fall Tennis Classic
Oct. 16	UND Tennis Mixer
Oct. 23	UND Tennis Green & White
Nov. 7-8	Veteran's Tennis Tournament Level 6
Nov. 13-15	Racquetball Tournament
Dec. 4-6	Happy Joes Open Racquetball Tournament

2016

Jan. 8-10	USTA Happy Joes Open Tennis Tournament 12/16
Jan. 15	Men's Tennis: UND vs. Nebraska Omaha
Jan. 22	Men's Tennis: UND vs. Creighton
Jan. 22-24	USTA Happy Joes Open Tennis Tournament 14/18

RACQUETBALL

Choice Health & Fitness has 3 regulation racquetball courts used for leagues, lessons, and open court time. Stay competitive throughout the year in one of our adult racquetball leagues or sign the kids up for Racquetball Academy.

Court Reservations

Racquetball court reservations may be made up to 7 days in advance.
Call or stop by our Customer Service Desk.
701.746.2790

COURT RATES

Members No Charge
Non-members Guest Fee

Adult Racquetball

Please refer to individual session registration forms for specific dates & rates.

RACQUETBALL LEAGUE

Playing in league ensures a consistent court time each week and is a great way to find new playing partners at your skill level.

SESSIONS: Oct. - Dec. | Jan. - March
GAME DAYS: Sunday, Monday, Tuesday, Wednesday, Thursday, Friday
DIVISIONS: Open, A, B, A/B, C, D, C/D
Women's A, Women's B,
Open Doubles, B/C Doubles

Youth Racquetball

Please refer to individual session registration forms for specific dates & rates.

RACQUETBALL ACADEMY

Designed to develop the fundamentals of racquetball, utilizing skill development sessions with our racquetball instructors.

SESSIONS: Sept. - Nov. | Dec. - Feb.
LESSON DAYS: Tuesday & Thursday

