

CHOICE *10 & under* TENNIS

Choice 10 & Under Tennis Program provides a progressive approach to tennis success. The class utilizes scaled courts, low-compression balls, and smaller racquets to meet each child's developmental needs. The game-based curriculum allows kids to quickly learn the fundamentals of the game in a fun, action-filled environment where kids are playing and competing with their peers.

BEGINNER

(For players relatively new to tennis)

Participants will work on balance, movement, and coordination while being introduced to the basic strokes of tennis. Emphasis is on basic racquet and ball control.

INTERMEDIATE

(For players who met requirements of beginner program)

Participants will continue to develop the fundamentals of the game while being introduced to progressive strokes, footwork, and strategy. The general focus is on the ability to rally with proper technique.

ADVANCED

(For players who met requirements of intermediate program)

Participants will perfect their basic skills while learning court positioning, grips that enhance spin and strategy. Emphasis is on development of an all court game.



SUMMER SESSION: July 6 - August 19

Registration Deadline: June 29 (add \$10 late fee after deadline)

BEGINNER	day (choose one)	time	court/equipment details	cost
Ages 5 - 6	MONDAY	1:00 - 2:00 pm	36' court w/ red low-compression ball	\$63
	WEDNESDAY	1:00 - 2:00 pm	36' court w/ red low-compression ball	\$63
Ages 7 - 8	MONDAY	2:00 - 3:00 pm	36' court w/ red low-compression ball	\$63
	WEDNESDAY	2:00 - 3:00 pm	36' court w/ red low-compression ball	\$63
Ages 9 - 10	MONDAY	3:00 - 4:00 pm	60' court w/ orange low-compression ball	\$77
	WEDNESDAY	3:00 - 4:00 pm	60' court w/ orange low-compression ball	\$77

INTERMEDIATE	day (choose one)	time	court/equipment details	cost
Ages 5 - 6	MONDAY	1:00 - 2:00 pm	36' court w/ red low-compression ball	\$63
	WEDNESDAY	1:00 - 2:00 pm	36' court w/ red low-compression ball	\$63
Ages 7 - 8	Days	time	court/equipment details	cost
	MON & WED	2:00 - 3:00 pm	60' court w/ orange low-compression ball	\$154
Ages 9 - 10	MON & WED	3:00 - 4:00 pm	60' court w/ orange low-compression ball	\$154

ADVANCED	days	time	court/equipment details	cost
Ages 5 - 6	MON & WED	1:00 - 2:00 pm	36' court w/ red low-compression ball	\$126
Ages 7 - 8	MON & WED	2:00 - 3:00 pm	60' court w/ orange low-compression ball	\$154
Ages 9 - 10	MON & WED	3:00 - 4:00 pm	78' court w/ green reduced-compression ball	\$154

CHOICE 10 & UNDER TENNIS REGISTRATION FORM - SUMMER SESSION: July 6 - August 19

Please complete a separate form for each participant

Name: _____ Date of Birth: ___/___/___ Gender: M F
 Parent Name(s): _____ Email: _____
 Address: _____ City/State/Zip: _____
 Parent Phone: _____ - _____ - _____ Alternate Phone # (work, mobile, etc.) _____ - _____ - _____

I hereby acknowledge the health of my child, listed above, to be ready for vigorous activity and authorize the directors to secure any emergency treatment deemed necessary, and that I hereby release the Grand Forks Park District, Choice Health & Fitness and all employees, executors, and heirs from all claims for injuries, which may be sustained by my child while attending this program. I also understand that any medical bills incurred by my child due to injuries will be my responsibility or the responsibility of my family health insurance plan.

Parent or Guardian Signature: _____ Date: _____

Please check the following level & age group you would like your son/daughter to participate in along with the class day(s) & time you prefer →

All players will receive one t-shirt during the 2019 season. Additional shirts may be purchased for \$10.00.

Select size: YM YL S M L XL

BEGINNER	INTERMEDIATE	ADVANCED
AGES 5 - 6 <input type="checkbox"/> MON (1:00 pm) - \$63 <input type="checkbox"/> WED (1:00 pm) - \$63 AGES 7 - 8 <input type="checkbox"/> MON (2:00 pm) - \$63 <input type="checkbox"/> WED (2:00 pm) - \$63 AGES 9 - 10 <input type="checkbox"/> MON (3:00 pm) - \$77 <input type="checkbox"/> WED (3:00 pm) - \$77	AGES 5 - 6 <input type="checkbox"/> MON (1:00 pm) - \$63 <input type="checkbox"/> WED (1:00 pm) - \$63 AGES 7 - 8 <input type="checkbox"/> MON & WED (2:00 pm) - \$154 AGES 9 - 10 <input type="checkbox"/> MON & WED (3:00 pm) - \$154	AGES 5 - 6 <input type="checkbox"/> MON & WED (1:00 pm) - \$126 AGES 7 - 8 <input type="checkbox"/> MON & WED (2:00 pm) - \$154 AGES 9 - 10 <input type="checkbox"/> MON & WED (3:00 pm) - \$154