

ATHLETIC DEVELOPMENT | CAMPS AND PROGRAMS REGISTRATION

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/Guardian Signature: _____ Date: _____

**EMAIL COMPLETED FORM TO
JCONNELL@CHOICEHF.COM**

PLEASE SELECT THE CAMP/PROGRAM(S) & SESSION DATES FOR WHICH YOU WOULD LIKE TO REGISTER:

CORE STRENGTH & AGILITY (8-11 YEARS)

GROUP	TIME	DAYS	COST
Coed ES Group 1	11:30am-12:15pm	M & W	\$96
Coed ES Group 2	4:15pm-5:00pm	M & W	\$96
Coed ES Group 3	11:30am-12:15pm	T & TH	\$96
Coed ES Group 4	4:15pm-5:00pm	T & TH	\$96

PLEASE SELECT PROGRAM(S) & SESSION(S)

JUNE 1 - 26	JULY 6 - 31	AUG. 3 - 28
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

SPORTS ACADEMY (2nd - 8th GRADE)

GROUP	TIME	DAYS	COST
Sports Academy Group 1	9:15am-9:45am	M & W	\$72
Sports Academy Group 2	10:15am-10:45am	M & W	\$72

PLEASE SELECT PROGRAM(S) & SESSION(S)

JUNE 1 - 26	JULY 6 - 31	AUG. 3 - 28
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

ELEMENTARY & MIDDLE (9-12 YEARS)

GROUP	TIME	DAYS	COST
10U / 12U Girls	11:30am-12:00pm	M & W	\$162

PLEASE SELECT CAMP(S)

9-WEEK CAMP (JUNE 1 - AUG. 7)
<input type="checkbox"/>

HIGH SCHOOL & POST GRAD (14+ YEARS)

GROUP	TIME	DAYS	COST
HS Boys Group 1	7:45am-8:45am	M, T, TH, F	\$540
HS Boys Group 2	9:00am-10:00am	M, T, W, TH	\$540
HS Girls Group 1	6:30am-7:30am	M, T, TH, F	\$540
HS Girls Group 2	7:45am-8:45am	M, T, TH, F	\$540
HS Girls Group 3	10:30am-11:15am	M, W, F	\$324

PLEASE SELECT CAMP(S)

9-WEEK CAMP (JUNE 1 - AUG. 7)
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>

PRIVATE GROUPS (*Participants must coordinate with coach/trainer before registering)

GROUP	TIME	DAYS	COST
Private Group A	6:30am-7:30am	M, T, TH, F	\$540
Private Group B	10:15am-11:15am	M, T, W, TH	\$540
Private Group C	1:15pm-2:00pm	M & W	\$216
Private Group D	1:15pm-2:00pm	T & TH	\$216
Private Group E	2:15pm-3:00pm	M, T, W, TH	\$432
Private Group F	3:15pm-4:00pm	T & TH	\$216
Private Group G	10:30am-11:15am	T & TH	\$216
Private Group H	11:30am-12:00pm	T & TH	\$162
Private Group I	3:15pm-3:45pm	M & W	\$72

PLEASE SELECT SESSION / CAMP(S)

9-WEEK CAMP / 4-WEEK SESSION	
<input type="checkbox"/>	JUNE 1 - AUG. 9 CAMP
<input type="checkbox"/>	JUNE 1 - AUG. 9 CAMP
<input type="checkbox"/>	JUNE 1 - AUG. 9 CAMP
<input type="checkbox"/>	JUNE 1 - AUG. 9 CAMP
<input type="checkbox"/>	JUNE 1 - AUG. 9 CAMP
<input type="checkbox"/>	JUNE 1 - AUG. 9 CAMP
<input type="checkbox"/>	JUNE 1 - AUG. 9 CAMP
<input type="checkbox"/>	JUNE 1 - AUG. 9 CAMP
<input type="checkbox"/>	JUNE 1 - AUG. 9 CAMP
<input type="checkbox"/>	JUNE 1 - AUG. 9 CAMP
<input type="checkbox"/>	JUNE 1 - 26
<input type="checkbox"/>	JULY 6 - 31
<input type="checkbox"/>	AUG. 3 - 28

YOUTH & ADULT (8+ YEARS) | PERSONAL PROGRAM

GROUP	TIME	DAYS	COST
Independent Strength & Conditioning	TBD	TBD	\$120

PLEASE SELECT PROGRAM(S) & SESSION(S)

JUNE 1 - 26	JULY 6 - 31	AUG. 3 - 28
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>