

ATHLETIC DEVELOPMENT | CAMPS AND PROGRAMS REGISTRATION

Name/Team Name: _____ Date of Birth: ____/____/____ Gender: M F
 Parent Name/Coach: _____ 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: _____ (Must sign before child can participate in program)

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

ELEMENTARY SCHOOL

CORE STRENGTH & AGILITY (8-11 YEARS)

GROUP	TIME	DAYS
Coed ES Group 1	4:00 - 4:45 pm	M & W
Coed ES Group 2	4:00 - 4:45 pm	T & TH
Coed ES Group 3	10:00 - 10:45 am	SAT

PLEASE SELECT PROGRAM(S) & SESSION(S)

MAR. 4 - 30	APR. 1 - 27	APR. 29 - MAY 25
<input type="checkbox"/> \$96	<input type="checkbox"/> \$96	<input type="checkbox"/> \$96
<input type="checkbox"/> \$96	<input type="checkbox"/> \$96	<input type="checkbox"/> \$96
<input type="checkbox"/> \$48	<input type="checkbox"/> \$36	<input type="checkbox"/> \$48

YOUTH & ADULT

IMPACT GOLF TRAINING (8+ YEARS)

GROUP	TIME	DAYS
IMPACT Golf Training	12:00 - 12:45 pm	MON
IMPACT Golf Training	11:30 am - 12:00 pm	TUES

PLEASE SELECT PROGRAM(S) & SESSION(S)

MAR. 4 - 30	APR. 1 - 27	APR. 29 - MAY 25
<input type="checkbox"/> \$48	<input type="checkbox"/> \$48	<input type="checkbox"/> \$48
<input type="checkbox"/> \$36	<input type="checkbox"/> \$48	<input type="checkbox"/> \$36

PERSONAL PROGRAM (8+ YEARS)

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

PLEASE SELECT PROGRAM(S) & SESSION(S)

MAR. 4 - 30	APR. 1 - 27	APR. 29 - MAY 25
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

HIGH SCHOOL & ADULT

RIP TEES GOLF | HIGH SCHOOL & ADULT MEN & WOMEN (15+ YEARS)

GROUP	TIME	DAYS
MEN & WOMEN'S - RIP Tees Golf	6:30 - 7:15 pm	TUES

PLEASE SELECT PROGRAM(S) & SESSION(S)

MAR. 4 - 30	APR. 1 - 27	APR. 29 - MAY 25
<input type="checkbox"/> \$48	<input type="checkbox"/> \$48	<input type="checkbox"/> \$48

ATHLETIC DEVELOPMENT CAMPS AND PROGRAMS

PERFORMANCE ENHANCEMENT

READY TO TAKE YOUR GAME TO

THE NEXT LEVEL?

LET'S GET STARTED >>>>

ATHLETIC DEVELOPMENT CAMPS AND PROGRAMS

SPRING SESSIONS

SESSION 1	SESSION 2	SESSION 3
4-30 MARCH MARCH 27 FEB. Reg. Deadline Late Fee: \$10	1-27 APRIL APRIL 27 MAR. Reg. Deadline Late Fee: \$10	4-2 APRIL MAY 24 APR. Reg. Deadline Late Fee: \$10

Improve your strength, movement, speed, endurance, and technique through our athletic development programs. With programs designed for every age, our sports performance trainers will help you make this season your best!

ELEMENTARY SCHOOL (8-11 YEARS)

CORE STRENGTH & AGILITY | Full-body strengthening using body weight, medicine balls, kettle bells, and cables to develop body awareness and proper technique. Emphasis on quick feet, change of direction, and core exercises to develop agility, core strength, and body awareness for elementary aged athletes. Led by Choice Personal Trainers.

GROUP	TIME	DAYS	SESSION 1 DATES COST	SESSION 2 DATES COST	SESSION 3 DATES COST
Coed ES Group 1	4:00pm-4:45pm	M & W	Mar. 4-30 \$96	Apr. 1-27 \$96	Apr. 29 - May 25 \$96
Coed ES Group 2	4:00pm-4:45pm	T & TH	Mar. 4-30 \$96	Apr. 1-27 \$96	Apr. 29 - May 25 \$96
Coed ES Group 3	10:00am-10:45am	SAT	Mar. 4-30 \$48	Apr. 1-27 \$36	Apr. 29 - May 25 \$48

YOUTH & ADULT (8+ YEARS)

IMPACT GOLF TRAINING | Golf training that will enhance mobility, balance, and biomechanics for every part of your game. Led by Master Trainer Zeb Miller.

GROUP	TIME	DAYS	SESSION 1 DATES COST	SESSION 2 DATES COST	SESSION 3 DATES COST
IMPACT Golf	12:00 - 12:45 pm	MON	Mar. 4-30 \$48	Apr. 1-27 \$48	Apr. 29 - May 25 \$48
IMPACT Golf	11:30am - 12:00pm	TUES	Mar. 4-30 \$48	Apr. 1-27 \$48	Apr. 29 - May 25 \$36

HIGH SCHOOL & ADULT | MEN & WOMEN (15+ YEARS)

RIP TEES GOLF | Improving movement and athleticism by teaching golfers to develop speed, power, and coordination to safely develop and enhance performance on the course. Led by Master Trainer Zeb Miller.

GROUP	TIME	DAYS	SESSION 1 DATES COST	SESSION 2 DATES COST	SESSION 3 DATES COST
M - Rip Tees	6:30 - 7:15 pm	TUES	Mar. 4-30 \$48	Apr. 1-27 \$48	Apr. 29 - May 25 \$48



PERSONAL PROGRAM | YOUTH & ADULT (8+ YEARS)

PERSONAL PROGRAM: INDEPENDENT STRENGTH & CONDITIONING

Designed for athletes with skilled body awareness and lifting experience as well as athletes that cannot commit to specific group training. Includes personal needs analysis, progressive personal 6-week training program, and two personal training sessions to learn exercises and review progress.

GROUP	TRAINER	TIME/DAYS
Independent Strength & Conditioning	Choice Health & Fitness Trainer	TBD by athlete & trainer