



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

SESSIONS | 4-WEEKS

SESSION 1		SESSION 2		SESSION 3	
3	28	30	26	28	23
SEPT.	SEPT.	SEPT.	OCT.	OCT.	NOV.
	29		24		24
	AUG.		SEPT.		OCT.
	Reg. Deadline		Reg. Deadline		Reg. Deadline
	Late Fee: \$10		Late Fee: \$10		Late Fee: \$10

*Classes offered on Mondays will be prorated for Session 1 due to Labor Day holiday.

Improve your strength, movement, speed, endurance, and technique through our athletic development sessions and camps. With programs designed for every age, Choice Health & Fitness' 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 and core strength for elementary aged athletes.

GROUP	TRAINER	TIME	LOCATION	DAYS	SESSION 1	SESSION 2	SESSION 3
Coed ES Group 1	James	4:00pm-4:45pm	PT Studio	M & W	Sept. 3 - 28 \$84	Sept. 30 - Oct. 26 \$96	Oct. 28 - Nov. 23 \$96
Coed ES Group 2	Austin	4:00pm-4:45pm	PT Studio	T & TH	Sept. 3 - 28 \$96	Sept. 30 - Oct. 26 \$96	Oct. 28 - Nov. 23 \$96
Coed ES Group 3	Jared	10:00am-10:45am	ICON	SAT	Sept. 3 - 28 \$48	Sept. 30 - Oct. 26 \$48	Oct. 28 - Nov. 23 \$48

MIDDLE SCHOOL | 12-15 YEARS

ATHLETE STRENGTH & CONDITIONING - SMALL GROUPS

Training programs targeted at improving middle and high school athletes' strength, movement, speed, endurance, and technique.

GROUP	TRAINER	TIME	LOCATION	DAYS	COST	SESSION / CAMP
MS Small Groups	Choice Trainer	4:00 - 7:00 pm	ICON/CHF	M, T, W, & TH	TBD	Sept., Oct., Nov. Sessions

* Must contact the Personal Trainer of your choice to set up a group training program



MIDDLE & HIGH SCHOOL | 12-18 YEARS

ATHLETE STRENGTH & CONDITIONING - SMALL GROUPS

Training programs targeted at improving middle and high school athletes' strength, movement, speed, endurance, and technique.

GROUP	TRAINER	TIME	LOCATION	DAYS	COST	SESSION / CAMP
MS / HS Small Groups	Choice Trainer	4:00 - 7:00 pm	ICON/CHF	M, T, W, &	TBD	Sept., Oct., Nov. Sessions

* Must contact the Personal Trainer of your choice to set up a group training program

HIGH SCHOOL | 15-18 YEARS

ATHLETE STRENGTH & CONDITIONING - SMALL GROUPS

Training programs targeted at improving middle and high school athletes' strength, movement, speed, endurance, and technique.

GROUP	TRAINER	TIME	LOCATION	DAYS	COST	SESSION / CAMP
HS Small Groups	Choice Trainer	4:00 - 7:00 pm	ICON/CHF	M, T, W, &	TBD	Sept., Oct., Nov. Sessions

* Must contact the Personal Trainer of your choice to set up a group training 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 (2) personal training sessions to learn exercises and review progress.

GROUP	TRAINER	TIME	LOCATION	DAYS	COST	SESSION / CAMP
Independent Strength & Conditioning	Choice Trainer	TBD	TBD	TBD	\$120	Sept., Oct., Nov. Sessions

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: _____ (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 (8-11 YEARS) | CORE STRENGTH & AGILITY

GROUP	TIME	DAYS	COST
Coed ES Group 1	4:00pm-4:45pm	M & W	\$84
Coed ES Group 2	4:00pm-4:45pm	T & TH	\$96
Coed ES Group 3	10:00am-10:45am	SAT	\$48

PLEASE SELECT PROGRAM(S) & SESSION(S)

SEPT. 3 - 28	SEPT. 30 - OCT. 26	OCT. 30 - NOV. 23
<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"/>

MIDDLE SCHOOL (12-15 YEARS) | ATHLETE STRENGTH & CONDITIONING

GROUP	TIME	DAYS	COST
MS Small Groups	4:00 - 7:00 PM	M, T, W, & TH	TBD

* Must contact the Personal Trainer of your choice to set up a group training program

PLEASE SELECT SESSION(S)

SEPT. 3 - 28	SEPT. 30 - OCT. 26	OCT. 30 - NOV. 23
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

MIDDLE & HS (12-18 YEARS) | ATHLETE STRENGTH & CONDITIONING

GROUP	TIME	DAYS	COST
MS / HS Small Groups	4:00 - 7:00 PM	M, T, W, & TH	TBD

* Must contact the Personal Trainer of your choice to set up a group training program

PLEASE SELECT SESSION(S)

SEPT. 3 - 28	SEPT. 30 - OCT. 26	OCT. 30 - NOV. 23
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

HIGH SCHOOL (15-18 YEARS) | ATHLETE STRENGTH & CONDITIONING

GROUP	TIME	DAYS	COST
HS Small Groups	4:00 - 7:00 PM	M, T, W, & TH	TBD

* Must contact the Personal Trainer of your choice to set up a group training program

PLEASE SELECT SESSION(S)

SEPT. 3 - 28	SEPT. 30 - OCT. 26	OCT. 30 - NOV. 23
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

YOUTH & ADULT (8+ YEARS) | PERSONAL PROGRAM

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

PLEASE SELECT SESSION(S)

SEPT. 3 - 28	SEPT. 30 - OCT. 26	OCT. 30 - NOV. 23
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>