

TENNIS IN THE PARKS

Youth Outdoors Program

Offered by the Center Court Fitness Club
and the Grand Forks Park District
(701) 746-2790



Learning to play tennis is as easy as 1-2-3 in this introductory program. This program is designed to teach students the fundamental strokes and techniques of tennis. The program consists of instruction, various drills and Rallyball. Rallyball is a simplified version of tennis that will emphasize fun, fitness, and strategy.

SITES: Lincoln Park, Optimist Park, Riverside Park, Snookie Register Tennis Complex, & University Park (Note: Sites may be combined if one or more have low numbers.)

FEE: \$57.50 (\$62.50 after May 16th)

SESSION DATES: June 2 – August 11 (Excluding June 21-23, July 5, 12, 14)



LEVEL ONE:

Grades K-5: Monday & Wednesday 9:00 – 10:00 AM

Grades 6-8: Monday & Wednesday 11:00 AM – NOON
(Snookie Register Tennis Complex only)

LEVEL TWO:

Grades 1-5: Monday & Wednesday 10:00 – 11:00 AM

Grades 6-8: Monday & Wednesday 11:15 AM – 12:15 PM
(Snookie Register Tennis Complex only)

Fun Day (Aug. 11th)

Instead of going to your park, participants should come to Center Court Fitness Club at the time designated below.

Level 1 (Grades K-5)	9:00 - 10:15 AM
Level 2 (Grades 2-5)	10:20 - 11:35 AM
Level 1 & 2 (Grades 6-8)	11:40 AM – 12:55 PM

NOTE: Players who have reached Level 5 or above in Star Tennis Academy cannot enter Tennis in the Parks.

Please return this portion with your check, payable to Center Court Fitness Club, 1600 32nd Ave. S., Grand Forks, ND 58201

Center Court Fitness Club
Tennis in the Parks (Outdoors Program)

Name: _____ Address: _____

City: _____ State: _____ Zip: _____ Phone Number: (____) ____ - _____

Birthdate: __/__/__ Age group: _____ Day: _____ Time: _____ Site: _____

Office Use Only: Fee: \$57.50 (add \$5 after May 16th) Date pd: _____ Cash / Check/ Charge Emp. Initials: _____