



Courts plus tennis program

Whether your child is just starting the game or is trying to make a local school team, we have lessons designed to take them to the next level. For more information please contact Oliver Summers at 237-4805 or osummers@courtsplus.org. Register for tennis program at courtsplus.org/programs/tennis

star junior tennis+MXP tennis

Our Star Junior Tennis and MXP Tennis program uses a progressive court system that uses 36', 60' and 78' (regular size) tennis court. Coupled with ensuring the proper racquet length and using different types of tennis balls based on age and ability, our goal is to get your child playing tennis as soon as possible. This system gives your child a visible progression to maximize their improvement. Each of our lessons will be divided up into three critical phases beginning with a warm-up emphasizing tennis specific movement and coordination. This is followed by a skill-building phase. Then, skills are practiced "live" in a competitive phase, where rallying and game conditions are experienced.

REGISTRATION
SESSION 1: June 5-29 (4 weeks)
SESSION 2: July 10-Aug 4 (4 weeks)
FEES: \$45.00/session/participant
 All participants will receive a t-shirt (one/summer).
 Student to instructor ratio of 8:1. Youth racquets are for sale at Courts Plus for \$20.00.

LEVEL 1: BEGINNER
 Introduction of basic strokes, court positioning, parts of the court & scoring.

LEVEL 2: INTERMEDIATE
 In this level we will emphasize consistency of the basic strokes.

LEVEL 3: ADVANCED
 This level will begin to learn basic strategy and direction.

park location:		island		kennedy		elephant		southwest		discovery	
GRADE K-2	MON & WED	SESS 1	SESS 2	SESS 1	SESS 2	SESS 1	SESS 2	SESS 1	SESS 2	SESS 1	SESS 2
Beginner	9-10am	IP1	IP02	K1	K02	EP1	E02	S1	S02	D1	D02
Beginner	10-11am	IP2	IP22	K2	K22	E2	E22	S2	S22	D2	D22
Beginner	11-12pm	IP3	IP32	K3	K32	E3	E32	S3	S32	D3	D32
Intermediate	9-10am	IP4	IP42	K4	K42	E4	E42	S4	S42	D4	D42
Intermediate	10-11am	IP5	IP52	K5	K52	E5	E52	S5	S52	D5	D52
Intermediate	11-12pm	IP6	IP62	K6	K62	E6	E62	S6	S62	D6	D62
Advanced	9-10am	IP7	IP72	K7	K72	E7	E72	S7	S72	D7	D72
Advanced	10-11am	IP8	IP82	K8	K82	E8	E82	S8	S82	D8	D82
GRADE 3-5	TUE & THU	SESS 1	SESS 2	SESS 1	SESS 2	SESS 1	SESS 2	SESS 1	SESS 2	SESS 1	SESS 2
Beginner	9-10am	IP9	IP92	K9	K92	E9	E92	S9	S92	D9	D92
Beginner	10-11am	IP10	IP102	K10	K102	E10	E102	S10	S102	D10	D102
Beginner	11-12pm	IP11	IP122	K11	K122	E11	E122	S11	S122	D11	D122
Intermediate	9-10am	IP12	IP132	K12	K132	E12	E132	S12	S132	D12	D132
Intermediate	10-11am	IP13	IP212	K13	K212	E13	E212	S13	S212	D13	D212
Advanced	11-12pm	IP14	IP142	K14	K142	E14	E142	S14	S142	D14	D142
GRADE 6-8	TUE & THU	SESS 1	SESS 2	SESS 1	SESS 2	SESS 1	SESS 2	SESS 1	SESS 2	SESS 1	SESS 2
Beginner	9-10am	IP15	IP152	K15	K152	E15	E152	S15	S152	D15	D152
Intermediate	10-11am	IP16	IP162	K16	K162	E16	E162	S16	S162	D16	D162
Advanced	11-12pm	IP17	IP172	K17	K172	E17	E172	S17	S172	D17	D172

courts plus tennis program

Register for tennis program at courtsplus.org/programs/tennis



MXP: maximum performance academy

Competitive training for the serious junior tennis player. Stroke production, singles and double strategy, conditioning, footwork and mental toughness will be stressed. Includes an MXP shirt and Jr. Team Tennis match times. If you are a USTA member and want to do the Jr Team tennis email osummers@courtsplus.org and provide your USTA number. The session is eight weeks long. Must have approval from Supervisor of Junior Development, Jason Thiner or Oliver Summers before registering.

REGISTER AT: courtsplus.org/programs/tennis, click "Register for Programs"

LOCATION: Island Park, 5th Av S & 7th St

FEE: \$385.00

DATE: ONE SESSION ONLY June 5-August 4 (No Lessons July 3-7)

LEVEL:	DAYS:	TIME:
MXP III (Must be willing to begin tournament play)	Monday-Thursday	9:00-10:30 am
MXP II (JV to lower varsity players)	Monday-Thursday	10:30 am-12:00 pm
MXP I (USTA level 5 & 6 tournament and top varsity players)	Monday-Thursday	12:30-2:00 pm

Jr team tennis

USTA Jr. Team Tennis is the largest junior recreational tennis league in the country. Called the 'little league' for tennis, USTA Jr. Team Tennis is a team match format program with an emphasis on skill development, fun, teamwork and friendly competition. Teams will be formed once the program begins. Age groups are 10s, 12s, 14s Advanced and Intermediate, and 18s Advanced and Intermediate. Participants must be current USTA members.

REGISTER AT: courtsplus.org/programs/tennis, click "Register for Programs"

For MXP participants email osummers@courtsplus.org and provide your USTA number to register.

FEE: \$80.00 (free for MXP participants) **DATE:** ONE SESSION ONLY June 6-August 5 (No Lessons July 3-7)

AGE GROUP:	DAYS:	TIME:	LOCATION:
JTT 10s and 12s	Tuesdays	5:30-7:00pm	Courts Plus
JTT 18s	Wednesdays	6:00-7:30pm	Discovery School
JTT 14s	Thursdays	5:00-7:30pm	Discovery School

adult tennis leagues

The Fargo Park District offers four different outdoor tennis leagues. Leagues will run nine weeks. These leagues are not for beginners (USTA levels 2.5 and up). Any questions please contact Oliver Summers at 237-4805 or osummers@courtsplus.org

REGISTER AT: courtsplus.org/programs/tennis, click "Register for Programs"

LOCATION: Island Park, 5th Av S & 7th St

DATE: June 5-August 5 **TIME:** 6:00-7:30pm **REGISTER BY:** Friday, June 2

FEE: \$25/participant

MONDAY: Mens 3.0/5.0 Players will be divided by ability. Match Play at Island Park, singles and doubles.

TUESDAY: Ladies Intermediate 2.5/3.0 and Advanced 3.5/4.0 at Discovery, singles and doubles.

adult tennis lessons

For more information on adult lessons, please contact Oliver Summers at 237-4805 or osummers@courtsplus.org.

REGISTER AT: courtsplus.org/programs/tennis, click "Register for Programs"

LOCATION: Island Park, 5th Av S & 7th St

SESSION 1: June 6, 13, 20, 27 (4 weeks)

SESSION 2: July 11, 18, 25, August 1 (4 weeks)

FEE: \$50/session/participant. Student/instructor ratio 10:1
Beginner racquets for sale at Courts Plus

LEVEL 1: BEGINNER INTRODUCTION: basic strokes, positioning, parts of court & scoring

DAY: Tuesdays **TIME:** 5:30-6:30 pm

LEVEL 1: BEGINNING LEAGUE: learn direction, basic strategy, stroke production & play

DAY: Tuesdays **TIME:** 6:30-7:30 pm

courtsplus.org

racquetball leagues

DATE: June 12-August 17

FEE: \$10/members,
\$45/non-members

LEAGUE:	DATE:	TIME:
A Singles	Mon	5:30pm
B Singles	Mon	6:30pm
C Singles	Mon	7:30pm
A/Open Singles	Wed	12:00pm
A/B Singles	Wed	6:00pm
B/C Singles	Wed	7:00pm
C Singles	Thur	5:30pm
A Singles	Thur	6:30pm
B Singles	Thur	7:30pm

outdoor tennis courts

- BENNETT** • 1900 58th Av S • 6 courts
- DISCOVERY** • 3470 18th St S • 6 courts
- ELEPHANT** • 100 19th Av N • 5 courts
- ISLAND** • 5th Av S & 7th St • 5 courts
- JERRY SCHERLING** • 302 7th St S • 2 courts
- KENNEDY** • 4501 42nd St S • 6 courts
- OAK GROVE** • 170 Maple St N • 2 courts
- RABANUS** • 4315 18 Av SW • 2 courts
- SOUTHWEST** • 15 Av & 20 St S • 5 courts

red river open

July 7-9 • Adult & Jr Divisions

To register go online to northern.usta.com, click on tennis link, tournaments and enter tournament ID# 555091116.

north dakota adult tennis championship

July 21-23 • Adult Divisions

To register go online to northern.usta.com, click on tennis link, tournaments and enter tournament ID# 555128516.

end of summer matchpoint tennis carnival

For Star Junior Tennis participants only.

LOCATION: Island Park, 5th Av S & 7th St

DATE: Friday, August 4

TIME: 11:00 am-1:00 pm

FEE: FREE • food, fun and prizes for all!



for more information on the tennis program call courts plus community fitness at 237-4805 or visit us at:

courtsplus.org





courts plus programs

The following programs are all held at: Courts Plus Community Fitness (unless noted)
3491 S University Dr • 237-4805 • courtsplus.org

5th annual dragons tennis camp

The Fargo Park District and Courts Plus Community Fitness is proud to partner with MSUM Dragons Tennis Division II program to bring you the Dragons Tennis camp. Learn how to do better in matches, focus on serves, returns and match play strategy in singles and doubles. Includes a Dragons Tennis shirt. This camp is led by the coaches of MSUM Tennis and some current players. Groups will be split into levels according to ability. Level 1 is for beginning JV players and Level 2 is for advanced JV and Varsity tennis players. Must be 7th grade and up to participate. To register, go to courtsplus.org/programs/tennis. For questions please contact Tennis Director Oliver Summers at 237-4805 or osummers@courtsplus.org.

LOCATION: Island Park, 302 7th St S
DAYS: Monday-Thursday **TIME:** 3:30-5:00 pm
FEE: \$120 per session or 2 sessions for \$200
SESSION I: June 12-June 29 (3 weeks)
SESSION II: July 17-Aug 3 (3 weeks)

PERSONAL TRAINING: free consultations

Our Personal Trainers would like to help you reach your goals to look and feel your very best.

Call today for your free consultation and also receive a free orientation on the weight equipment and cardio machines. Contact Wayne Herrick at 237-4805 or wherrick@courtsplus.org.



Contact Courts Plus Community Fitness at 237-4805

no school day camps

NO SCHOOL!!! Join us for some entertainment and exercise. Activities include team and individual sports, playground games, art projects, outdoor activities, movies and time on the indoor playground. All activities will take place at Courts Plus Community Fitness. Campers should be ready to play outside every day of camp, weather permitting.

FEBRUARY	MARCH		APRIL	MAY
mon 20	mon 13	tue 14	fri 14	mon 29
	wed 15	thur 16		
	fri 17			

spend your birthday with us!

Courts Plus allows your child to dream up their own birthday party package. Whether using the playground, playing sports in the gym or hosting a dance party, there is a party for everybody. Call or email for rates and availability.
241-9521 or birthdays@courtsplus.org



parents night out

Parents! Need a break?
We'll watch your kids! Have them join us for an evening of activities, games, sports, pizza and a movie. All activities will take place at Courts Plus and local parks (weather permitting). Sign up online to reserve your spot.
DATE: offered once/month
FEE: \$10/first child (\$5/additional child) for members, \$15/child for non-members

zumbatomic

This fun, energetic class introduces the younger Zumba fans to international music and culture and helps your child build a positive self-image!
DATE: offered once/month
FEE: free/members, day pass/non-members

kinder yoga

This class targets the younger yoga, tai chi & pilates fans for a fun, noncompetitive workout. The poses combine flexibility, stretching & breathing techniques.
DATE: offered once a month
FEE: free/members, day pass/non-members

les mills launch

Take your fitness to the next level! Join Courts Plus Community Fitness for a week dedicated to the new Les Mills releases for CxWorx, BodyPump, BodyAttack, and BodyFlow.
AUTISM AWARENESS LAUNCH: April 8
SUMMER LAUNCH: July 10-14

Ages 4-6 accompanied with an adult.

Check out courtsplus.org for specific dates and times!