



the summer 2021 guide

GRAND FORKS PARK DISTRICT



MORE FUN IN THE FORKS
RECREATION | EVENTS | PARKS | FACILITIES

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(at home) now.**



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Enhancing Lives
»»»» Since 1905



INSPIRING HEALTH
& HAPPINESS

YEAR ROUND

choicehf.com

4401 S. 11th Street
701.746.2790



AN ARNOLD PALMER
SIGNATURE COURSE

SEASONAL

kingswalk.org

5301 S. Columbia Rd.
701.787.5464



SCENIC &
HISTORIC GOLF

SEASONAL

lincolngolf.org

250 Elks Dr.
701.746.2788



PUT BIG SMILES
ON LITTLE FACES

YEAR ROUND

gfparksfoundation.org

P.O. Box 12429
701.746.2750



2021»»» SUMMER RECREATION

**WE'RE IN THIS TOGETHER
GRAND FORKS!**

We know this past year has been challenging for everyone. With summer around the corner, the Grand Forks Park District hopes to brighten-up your days with our local parks, recreation programs, and life-enhancing facilities.

For over a century, we have been honored to enrich life in Grand Forks through healthy, affordable, and accessible programs for all ages and abilities.

COVID-19 MEASURES

**YOUR HEALTH AND SAFETY
IS OUR TOP PRIORITY.**


All programs will be operating under the guidelines of the North Dakota Smart Restart Protocols. When possible, we have made changes to our programs that adapt to social distancing.

Rest assured that if the North Dakota Department of Health does not recommend recreational programming, we will postpone our programs or issue refunds / credits.

For more info on our COVID-19 measures and procedures, visit gfparks.org or choicehf.com.



CONTACT US

 (701) 746-2750

 gfparks.org

 **Park District Main Office
in ICON Sports Center**
1060 47th Ave. South
Grand Forks, ND 58201
Office Hours: Mon – Fri | 8:00 am – 5:00 pm


 P.O. Box 12429
Grand Forks, ND 58208

 info@gfparks.org

PROGRAM / EVENT UPDATES & WEATHER CANCELLATIONS

 info line: (701) 787-3499

   @GrandForksParks

 Thursday | 8:40 am – 1440 AM The Fan
Wednesday | 4:45 pm – 1079 FM KNOX

MANAGEMENT STAFF

PARK BOARD COMMISSIONERS

Tim Skarperud, President tskarperud@gfparks.org
Greg LaDouceur, Vice President gladouceur@gfparks.org
Cody Bartholomew, Commissioner cbartholomew@gfparks.org
Terry Dvorak, Commissioner tdvorak@gfparks.org
Russell Kraft, Commissioner rkraft@gfparks.org

PARK DISTRICT MANAGEMENT

Bill Palmiscno, Executive Director
George Hellyer, Superintendent of Finance*
Nick Arola, Facilities Manager
Sean Lee, Forestry Operations Manager
Jeff Lancaster, Accounting Manager
Jill Nelson, Community Relations & Marketing Manager
Lynne Roche, Recreation & Special Events Manager
Rick Ziegelmann, Parks Operations Manager
*Designated ADA Coordinator

CHOICE HEALTH & FITNESS

Mike Orr, CHF General Manager
Chris Langei, CHF Fitness Manager
Lisa Rollefstad, CHF Sports & Recreation Manager

KING'S WALK GOLF COURSE LINCOLN GOLF COURSE

Dave Clark, King's Walk Golf Course Superintendent
Aaron Motl, Lincoln Golf Course Superintendent
Dan Tannahill, Golf Professional

GF PARKS & REC FOUNDATION

Bill Palmiscno, Executive Director
George Hellyer, Superintendent of Finance
Jill Nelson, Development & Operations

DESIGN BY:



Catie Trontvet



Jill Nelson



Caitlin Dahl

PHOTO CREDITS:

Shawna Noel and Dave Bruner

Guide to the summer 2021 guide GRAND FORKS PARK DISTRICT

3 + 31
JUNE JULY

SESSION DATES:

Program start and end dates

TENNIS IN THE PARKS (AGES 5 - 14 YEARS)

14 + 9 + 13
JUNE JULY MAY
Reg. Deadline
Late Fee: \$10

No Tennis in the Park July 5
When: Monday & Wednesday
Cost: \$92
Location: Outdoor Tennis Courts*

How to Register:



This introductory program is designed to teach students the fundamental strokes and techniques of tennis. *Players who have reached intermediate, advanced, or elite levels of Choice 10 & Under Tennis or Choice Tennis Academy cannot participate in Tennis in the Parks.

	AGES 5 - 7 9:00 - 10:00 AM	AGES 8 - 10 10:00 - 11:00 AM	AGES 11 - 14 11:00 AM - 12:00 PM
FACILITY	CODE	CODE	CODE
Wynne Corn. (at Choice)	626065-21	626065-22	626065-23
Lincoln Park	626065-11	626065-12	(No age 11-14 Tennis in the Park at this location)
Register Complex	626065-41	626065-42	(No age 11-14 Tennis in the Park at this location)
University Park	626065-51	626065-52	626065-53
Riverside Park	626065-31	626065-32	626065-33

*Sites may be combined due to low numbers.



13
MAY**REGISTRATION DEADLINE:**

Any registrations accepted after this date will be charged a \$10 late fee. Due to limited space - there is no guarantee of programming availability after deadline.

No Tennis in the Park July 5
When: Monday & Wednesday
Cost: \$92
Location: Outdoor Tennis Courts*

PROGRAM DAYS, COST, LOCATION:

Information regarding program days, cost, and location. Due to holidays and other scheduling conflicts, some programs have cancelled dates listed in the guide. Make sure to mark your calendar for cancelled classes and games.



HOW TO REGISTER: All programs have registration icons listed to direct you on where and how to register.

BLACK ICONS indicate a GF Park District program which can be registered for online, by mail, by fax, or in-person at the GF Park District main office.

RED ICONS indicate a Choice Health & Fitness program which can be registered for online or in-person at Choice Health & Fitness.

CODE

626065-23

PROGRAM CODES:

All GF Park District programs have codes for each section of the program. You will need this code when registering to ensure you sign up for the correct day, time, and level of the program in which you wish to register.

Please Note: Choice Health & Fitness programs do not have assigned section codes.

JOIN OUR TEAM

The perfect summer job is waiting for you!
 Have fun in the sun with our seasonal positions.
 Apply at gfparks.org/seasonal-employment



Baseball & Softball Coaches



Youth Kids Camp Leaders



Lifeguards & Concessions



Golf Course Maintenance



Landscaping & Park Maintenance

A BIG THANKS TO OUR SPONSORS!**CORNERSTONE SPONSOR****FOUNDING SPONSOR****Inside the Guide**

- GF PARKS INFO/RESERVATIONS**
- HOW TO REGISTER**
- YOUTH ONLY PROGRAMS**
- ADULT ONLY PROGRAMS**
- EVENTS**
- GOLF COURSES**
- FITNESS FACILITY/PROGRAMS**

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HOW TO REGISTER FOR SUMMER FUN!

COVID-19 NOTICE: ALL PROGRAMS WILL BE FOLLOWING THE ND SMART RESTART COVID-19 GUIDELINES. IF THE ND DEPARTMENT OF HEALTH DOES NOT RECOMMEND RECREATIONAL PROGRAMMING, WE PLAN TO POSTPONE THE PROGRAMS OR ISSUE REFUNDS/CREDITS. WE ARE IN THIS TOGETHER GRAND FORKS.

3 WAYS TO REGISTER GFPARKS RECREATION PROGRAMS



ONLINE
GFPARKS.ORG

ONLINE
REGISTRATION
IS MOBILE
FRIENDLY



IN PERSON
@ MAIN OFFICE LOCATED
IN ICON SPORTS CENTER
1060 47TH AVE S.
MONDAY-FRIDAY
8:00 AM - 5:00 PM



MAIL
GF PARK DISTRICT
ATTN: REGISTRATION
P.O. BOX 12429
GRAND FORKS, ND 58208

EMAIL
GFPARKS@GFPARKS.ORG

3 WAYS TO REGISTER CHOICE HEALTH & FITNESS PROGRAMS



ONLINE
CHOICEHF.COM
ONLINE REGISTRATION
IS OPEN TO CHOICE
HEALTH & FITNESS
MEMBERS ONLY.



IN PERSON
4401 S. 11 ST.
SEE FACILITY
HOURS ON PAGE 53.



EMAIL
DOWNLOAD FILLABLE PDFS
AT CHOICEHF.COM

PRIVATE PROGRAMS

THESE PROGRAMS ARE NOT RUN BY THE GF PARK DISTRICT



PLEASE FOLLOW REGISTRATION INSTRUCTIONS LISTED
ON THE PRIVATE CLUBS & PROGRAMS PAGES (PG. 64-65)
OR ON EACH ORGANIZATION'S WEBSITE.



KIDS DAY CAMPS (PG. 10-11)



OUTDOOR SWIMMING (PG. 22-23)



YOUTH BASEBALL (PG. 28-29)



YOUTH SOFTBALL (PG. 30-31)



TENNIS IN THE PARKS (PG. 34)



ADULT SOCCER (PG. 39)



YOUTH GOLF (PG. 50-51)



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YOUTH BASKETBALL (PG. 32-33)



YOUTH/ADULT TENNIS (PG. 34-36)



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YOUTH/ADULT VOLLEYBALL (PG. 38)



ADULT CORNHOLE (PG. 39)



SPORTS TRAINING (PG. 40-43)



PERSONAL TRAINING (PG. 58-59)



GROUP TRAINING (PG. 60-61)



PRIVATE PROGRAMS (PG. 62-63)



REFUND POLICY:

Participants will receive a full refund when the program is cancelled due to lack of participants, facilities, qualified instructors, or if the program has not officially begun. No refunds will be given once the program has started. All refunds will be issued in the form of a check. The issuance of a refund check will take up to 10 working days and will be mailed to the participant or guardian.

TO COMPLETE THE REGISTRATION FORM BELOW:

This registration form *only* applies to GF Park District programs, *not* to Choice Health & Fitness programming or activities listed on the Private Clubs and Programs pages. Use one form per child. Be sure all info is correct and the program code number is included. (Multiple code #'s may be listed on form if programs are for same child.) All fees must be paid in full. Additional registration forms are available online or at the GF Park District office.

YOUTH PROGRAM REGISTRATION FORM >>

Please read this form carefully and be aware that in registering yourself or your child/ward for participation in the below program(s), you will be waiving and releasing all claims for injuries you or your child/ward might sustain arising out of the below program(s).

I recognize and acknowledge that there are certain risks of physical injury and/or death to participate in the below program(s), and I agree to assume the full risk of any such injuries, death, damages, or loss regardless of severity which I or my child/ward may sustain as a result of involvement with the below program(s). Further, I hereby waive and relinquish all claims that I, my insurer, or my child/ward may have against the Park District and its officers, servants, and employees from any and all claims for injuries, damages, or loss which I or my child/ward may have or which may accrue to me or my child/ward in relation to his/her involvement with the below program(s), regardless whether the activities involved are supervised or unsupervised. I also agree to hold the Park District harmless for any injuries, death, or damages sustained in relation to my child/ward's involvement with the below program(s). Nothing in this release shall be intended to release the Park District from responsibility of fraud or willful injury to person or property, nor for any violation of the law. This release is intended to release only claims for negligence and/or non-willful or non-criminal claims.

By registering, you give consent for a photo and/or video of your child to be used for the purpose of promotion through various marketing mediums in perpetuity, in connection with Grand Forks Park District facilities, programs, and/or events. If you do not agree, you must make note of this on the registration form.

I HAVE READ AND FULLY UNDERSTAND THE ABOVE AGREEMENT OUTLINING MY ASSUMPTION OF RISK AND WAIVER AND RELEASE OF ALL CLAIMS.

Participant or Parent/Guardian Signature _____ Date _____

ONE CHILD PER FORM PLEASE

CHILD'S FIRST AND LAST NAME		PLEASE NOTE: This registration form is only applicable to GF Park District Youth Programs. Form CANNOT be used to sign-up for Choice Health & Fitness Programming.			
GENDER	BIRTHDATE (MM - DD - YYYY)				
PARENT/GUARDIAN NAME		CIRCLE CHILD'S T-SHIRT SIZE YS YM YL YXL AS AM AL AXL			
ADDRESS		CITY	STATE	ZIP CODE	
DAYTIME PHONE #	HOME PHONE #	CELL PHONE #			
For program and weather updates, please provide your contact info for email alerts.		EMAIL ADDRESS			
DOES PARTICIPANT HAVE ANY SPECIAL NEEDS WE SHOULD BE AWARE OF (DIABETES, CAR-POOLING, ASTHMA, ETC)?					

PARK (if applicable)	ACTIVITY CODE (listed in Activity Guide)	FEE	PROGRAM NAME
	000000-00		
	000000-00		
	000000-00		

☐ YES, I WOULD LIKE TO DONATE \$5 TO HELP A LOCAL CHILD STAY ACTIVE THIS SUMMER. | PLEASE ADD \$5 TO YOUR TOTAL.

TYPE OF PAYMENT (please circle one): CASH CHECK VISA MASTERCARD DISCOVER AMEX	AMOUNT ENCLOSED:
CREDIT CARD #: _____ EXP. DATE: ____/____/____ CVV _____	
SIGNATURE OF CARDHOLDER: _____	

PLEASE MAKE CHECKS PAYABLE TO: **GRAND FORKS PARK DISTRICT**
MAIL REGISTRATION FORM & FEE TO: GRAND FORKS PARK DISTRICT, ATTN: REGISTRATION, P.O. BOX 12429, GRAND FORKS, ND 58208-2429

OUR SCHOLARSHIP POLICY: The Grand Forks Park District strives to provide access to programs and facilities that promote a healthy and enjoyable lifestyle to all Grand Forks citizens, providing equal opportunities without regard to race, color, religion, national origin, gender, sexual preference, age, or disability. We are honored to offer youth scholarships to those in need of financial assistance. *NOTE: A full scholarship may be available if a signed letter of recommendation from your case worker, social worker, or another qualified individual is provided when you submit the Scholarship Request Form. We can provide you with a template letter to assist in this process.*

PART 1: ANSWER 3 QUESTIONS >>

1. Are you a Grand Forks resident? ☐ YES ☐ NO
2. Do you qualify for the reduced lunch program in Grand Forks Public Schools? ☐ YES ☐ NO
If "YES", please list your child's school lunch ID Number: _____
If "NO", please list other qualifying information: _____
Note: You may be asked to provide us with one of the following: (1) your most recent Federal Tax Return, (2) a SNAP "Review approved" letter, or (3) a TANF approval letter.
3. Are you receiving assistance from another organization? ☐ YES ☐ NO
(Examples: GF Education Foundation, GF Social Services, GF Public Schools, Consumer Directions, Global Friends, NE Human Services, etc.)
If you marked "YES" above, please list the organization as well as your contact/case worker's information: _____

PART 2: CONTACT INFORMATION >>

Name of Child: _____ Birthdate of Child: ____/____/____

PARENT / GUARDIAN INFORMATION

Name: _____ Email: _____
Address: _____ City: _____ State: _____ Zip: _____
Cell Phone: (____) _____ - _____ Home / Work Phone: (____) _____ - _____

By signing this application, I hereby authorize the Grand Forks Park District to verify with the sources referred to above. I affirm that the facts set forth in this application are true and complete. I understand that if I am approved for a scholarship, any false statements, omissions, or other misrepresentations made by me on this application may result in termination of the scholarship.

Parent/Guardian Signature: _____ Date: _____

PART 3: SUBMIT YOUR REQUEST >>

Submit Scholarship Request Form to Park District Main Office (1060 47th Ave. S. | M-F: 8am - 5pm)
or Choice Health & Fitness (4401 S. 11th St. | M-F: 8am - 7pm).

PART 4: REGISTER FOR PROGRAMS >>

Once approved, you will need to KEEP THIS FORM and present it when registering for all programs/memberships at the Park District main office and/or Choice Health & Fitness to receive the discounted rates when enrolling.

OFFICE USE ONLY: *This child has been approved for 50% off the Park District programs and 75% off the Choice Health & Fitness programs / membership, listed below (up to \$200 in total awarded funds, per season).*

Approved By: _____ Date: ____/____/____

Season/Session Approved: (Check One)

☐ Spring (Mar.-May) ☐ Summer (June-Aug.) ☐ Fall (Sept.- Nov.) ☐ Winter (Dec.- Feb.)

IMPORTANT: As they register, please list the programs and memberships they are enrolling in and the associated fees.

PROGRAMS / MEMBERSHIP(S):

FEE CHARGED

\$ _____
\$ _____
\$ _____
\$ _____

PARK DISTRICT (50% Off)

- Baseball
- Golf (Wee Linksters; Jr. Golf Academy; & Girls Golf Program Only)
- Ice Skating Lessons
- Just for Fun
- Outdoor Pool Pass (Season Pass)
- Tennis in the Parks
- Softball

CHOICE HEATH & FITNESS (75% Off)

- Fitness Membership (3-Mo. Youth Membership Only)
- Athletic Development (Core Str./Agility 8-11 yrs. Only)
- Basketball (Basketball Academy & Advanced Skills Training Only)
- Dance Lessons
- Indoor Tennis (Tiny Tots; 10&Under; Tennis Academy Only)
- Racquetball (Youth Racquetball Academy Only)
- Swim Lessons (Outdoor Lessons, Parent&Me; Tiny Tots; & Swim Academy Only)
- Volleyball (Youth Volleyball Academy Only)

Youth Recreation» SCHOLARSHIPS

We're here to help your children be active and healthy! Through the generous donors of our Foundation, we have scholarships available for families in need of financial assistance. **Request a Youth Scholarship and you can receive 50% off the Park District programs and 75% off the Choice H&F programs and membership, listed below (up to \$200 in total awarded funds, per season).**



GF PARKS PROGRAMS & SWIM PASSES

50% OFF

- Outdoor Pool Pass
- Baseball
- Golf Lessons
- Ice Skating Lessons
- Just for Fun Program
- Tennis in the Parks
- Softball

**See request form for list of eligible programs*



CHOICE YOUTH MEMBERSHIP & PROGRAMS

75% OFF

- 3-Month Youth Membership
- Athletic Development
- Basketball
- Dance
- Indoor Tennis
- Racquetball
- Swimming
- Volleyball

**See request form for list of eligible programs*

Apply Today

WHO IS ELIGIBLE?



If you qualify for the federal school lunch assistance program **AND** you are a GF resident, each child (under 18 yrs.) is eligible for a youth scholarship each season.

HOW TO REQUEST A SCHOLARSHIP:

- 1 FILL OUT FORM:** simply print off the form at gfparksfoundation.org or pick-up the form at our Main Office or Choice Health & Fitness
- 2 APPLY:** Prior to program registration deadline, submit the Scholarship Request Form by email or in-person to the Park District Main Office (1060 47th Ave. S. | M-F: 8am-5pm | gfparks@gfparks.org) or Choice Health & Fitness (4401 S. 11th St. | M-F: 8am-7pm | jkirkeby@choicehf.com)
- 3 REGISTER FOR PARK DISTRICT PROGRAMS:**
Outdoor Pool Pass • Baseball • Golf • Ice Skating • Just for Fun • Tennis in the Parks • Softball
Go to Park District office (1060 47th Ave. S. | M-F: 8am-5pm) to register in-person. Present the approved form when registering for each program to get **50% off**.

REGISTER FOR CHOICE HEALTH & FITNESS PROGRAMS:

Youth Membership • Athletic Dev. • Basketball • Dance • Tennis • Racquetball • Swimming • volleyball
Go to Choice H&F (4401 S. 11th St. | M-F: 8am-7pm) to register in-person. Present the approved form when registering for each program/membership to get **75% off**.

DID YOU KNOW?



You can apply for a Youth Scholarship **EVERY 3 MONTHS!**



Spring (Mar.-May)



Summer (June-Aug.)



Fall (Sept. - Nov.)



Winter (Dec. - Feb.)

NEW!

You can now apply for multiple programs within a season. FYI - A scholarship qualifies a child for up to \$200 in total awarded funds, per season (every 3 months).

Fun in the Sun KIDS DAY CAMPS



JUST FOR FUN



BIG KIDS (6 - 10 YEARS)

7-30
JUNE JULY

5
MAY
Reg. Deadline
Late Fee: \$20

No JFF July 2 & 5

Days: Monday - Friday

Time: 12:30 - 4:00pm

Cost: \$80 (includes swimming fees)

Locations: Ben Franklin Park, Cox Park, Kelly Park, Lion's Park, Lincoln Drive Park, Optimist Park, Riverside Park, & University Park

Activity Code: 429160 (See next page for each location's full activity code)

Supervisor: Lynne Roche & Stephany Hauschulz

Supervised activities for children ages 6-10 (must have attended Kindergarten). Activities will include games, arts and crafts, field trips, special events, weekly trips to the pool on the swim bus and more!

How to Register:



Meet Your Just for Fun Leader!

3
JUNE

Time: 5:00 - 7:00pm

Locations: All Just for Fun locations

You're invited to learn more about "Just for Fun" and Meet Your Leaders at the site you will be attending!

S.M.I.L.E.



SUMMER MENTORS FOR INTEGRATED LEISURE EXPERIENCES

SPECIAL NEEDS SUMMER PROGRAM

7-30
JUNE JULY

No SMILE July 2 & 5

Days: Monday-Friday

Time: 1 - 4:30pm

Cost: \$250 (price includes swimming)

Location: First Season Community Center (1122 7th Ave. S. | GF, ND)

Supervisor: Amanda Braxton

How to Register:



Program assists participants in developing appropriate and healthy leisure and social skills. Participation in program is by written recommendation only. Children accepted from Grade K completed to Grade 9. Contact GF Park District office for further information.



**HONK HONK! THE LITTLE RED READING BUS
WILL STOP AT ALL JUST FOR FUN LOCATIONS!**
FOR MORE INFO, SEE ACTIVITY GUIDE PAGE 62.

JUST FOR FUN REGISTRATION FORM



GENERAL INFORMATION

Child's Name: _____ Birthdate: ____/____/____ Gender: M ☐ F ☐

Child's Name: _____ Birthdate: ____/____/____ Gender: M ☐ F ☐

Child's Name: _____ Birthdate: ____/____/____ Gender: M ☐ F ☐

Parent/Guardian First and Last Name: _____

Address: _____ City: _____ State: _____ Zip: _____

Home Phone: (____) ____ - ____ Work Phone: (____) ____ - ____ Email: _____

Child Care Provider: _____ Phone: (____) ____ - ____

Address: _____ City: _____ State: _____ Zip: _____

Are there any specific limitations we need to be aware of (e.g. allergies, medications, disabilities, asthma, behaviors, etc.)?

Please Note: This is a drop-in recreation program, so children are free to come and go. If your child wishes to go home or not participate in the program, please indicate if you would like him/her to notify you before leaving the program (you and your child need to establish this procedure). Children are allowed to use the phone to call home.

- ☐ Please have him/her call before coming home & make sure someone is home (if no one home, we will call emergency contact to see what to do).
- ☐ My child can leave without calling.
- ☐ My child may go home with the following authorized adult guardian: _____
- ☐ Other: _____

EMERGENCY CONTACT INFORMATION

In case of an emergency or if your child is sent home, whom should we contact?

Name: _____ Phone: (____) ____ - ____

The Grand Forks Park District does not carry medical or accident insurance for program participants. The Park District's staff and management have taken steps to reduce, as much as possible, injuries from accidents and mishaps during participation in recreation programs.

BIG KIDS

12:30 pm - 4:00 pm

Ages 6-10 yrs (must have completed kindergarten)

PROGRAM FEE: \$80.00

REGISTRATION DEADLINE: MAY 5, 2021

LATE FEE AFTER DEADLINE: \$20

- ☐ BEN FRANKLIN (429160-02)
- ☐ COX (429160-03)
- ☐ KELLY (429160-05)
- ☐ LINCOLN DR. (429160-06)
- ☐ LIONS (429160-07)
- ☐ OPTIMIST (429160-08)
- ☐ UNIVERSITY (429160-10)
- ☐ RIVERSIDE (429160-13)

PAYMENT INFORMATION

PAYMENT METHOD

Credit Card ☐ Cash ☐ Check ☐

CREDIT CARD INFORMATION

Mastercard ☐ Visa ☐ Amex ☐ Discover ☐

Credit Card #: _____ CVV: _____

Expiration Date: _____

X _____

CUSTOMER SIGNATURE

MAKE ALL CHECKS PAYABLE TO:

Grand Forks Park District

Summer Registration

PO Box 12429

Grand Forks, ND 58208-2429

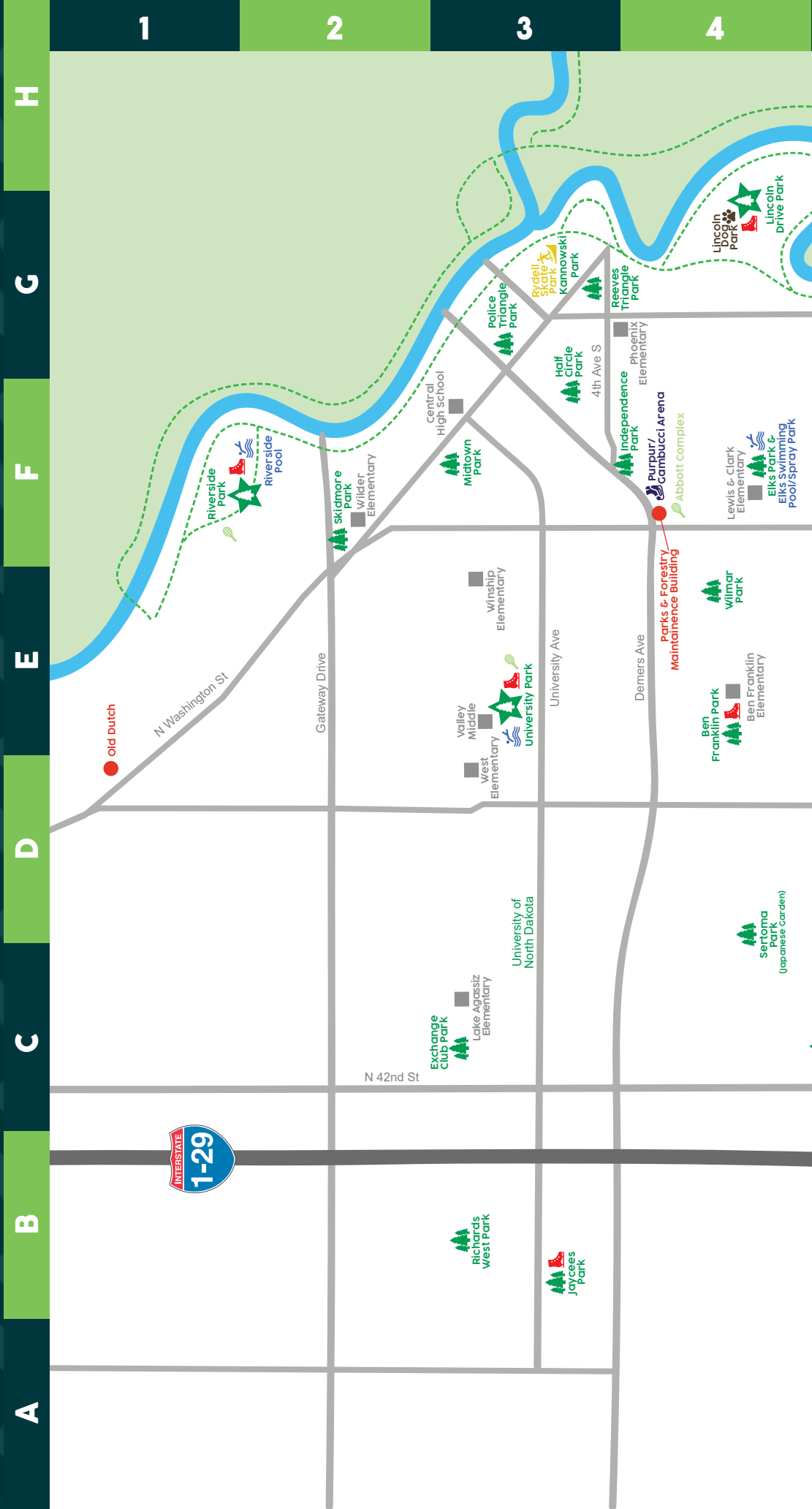
☐ YES, I WOULD LIKE TO DONATE \$5 TO HELP A LOCAL CHILD STAY ACTIVE THIS SUMMER. PLEASE ADD \$5 TO YOUR TOTAL.

TOTAL PAID \$

I have read and completed this application and understand that this is a recreation program only and not a Childcare Center.

I further understand that all medical bills incurred are the responsibility of the parent/guardian and not the responsibility of the Grand Forks Park District.

Parent/Guardian: _____ Date: _____





- Park District Main Office
- Park District Maintenance Bldg
- Feature Park
- Park
- Fitness Facility
- Ice Arena
- Outdoor Rink & Warming House
- Golf Course
- Swimming Pool/spray Park
- Baseball/softball Fields
- Tennis Complex
- Dog Park
- Skate Park
- School
- Bike/Walking Trails*
- River
- Road



1 inch = 3,800 feet



gf parks.org
GRAND FORKS PARK DISTRICT

* Go to theforksmo.com for more info on bike/walking trails in the area.



AMENITIES /
PARKS, PERMITS,
& TREES

Something Fun for Everyone PARK & FACILITY AMENITIES >>>



**healthy
lungs at play**

PROUD TO BE SMOKE-FREE AT EVERY PARK & FACILITY.
Honored to be tobacco-free at all youth parks and
facilities owned and operated by the GF Park District.

BIKE TRAILS	BASEBALL & SOFTBALL	BASKETBALL	CONCESSIONS	DRIVING RANGE	DOG PARK	EXERCISE	FAMILY CENTER	FLORAL GARDENS	FISHING	FRISBEE GOLF	FOOTBALL	GOLF COURSE & PRO SHOP	HORSESHOES	INDOOR SKATING ARENA	OUTDOOR SKATING RINK & WARMING HOUSE	INDOOR PLAYGROUND	MEETING ROOMS	PARKING LOT	PICKLEBALL	PICNIC TABLES	PICNIC SHELTER	PLAYGROUND	RESTROOMS	SKATEPARK (RAMPS/BOWL)	SLEDDING & CC SKIING	SOCCER	SPRAY PARK	SWIMMING POOLS	TENNIS	VOLLEYBALL	WALKING TRAIL
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FACILITIES & FEATURE PARKS

F-8	Park District Main Office	1060 47th Ave. S.	701.746.2750																													
	BASEBALL/SOFTBALL FIELDS																															
D-5	Apollo Sports Complex & Kraft Field	2511 17th Ave. S	701.746.2760																													
E-8	Scheels Sports Complex	4301 S. 20th St.																														
D-8	Ulland Sports Complex	2401 47th Ave. S.	701.746.2761																													
	FITNESS / COMMUNITY CENTERS																															
F-7	Choice Health & Fitness	4401 S. 11th St.	701.746.2790																													
F-4	First Season Community Center	1122 7th Ave. S.	701.746.2763																													
	GOLF COURSES																															
E-9	King's Walk Golf Course	5301 Columbia Rd. S.	701.787.5464																													
G-5	Lincoln Golf Course	250 Elks Dr.	701.746.2788																													
	ICE ARENAS																															
E-5	Eagles & Blue Line Club Arenas	1900 S. 25th St.	701.746.2769																													
F-4	Fido Purpur & Gambucci Arena	1122 7th Ave. S	701.746.2764																													
F-8	ICON Sports Center	1060 47th Ave. S.	701.746.2750																													
	SWIMMING POOLS																															
F-4	Elks Pool	1002 13th Ave. S.	701.746.2780																													
F-2	Riverside Pool	1810 N. 1st St.	701.740.1497																													

PARKS & SHELTERS

F-4	Abbott Complex	705 S. 12th St.																														
E-4	Ben Franklin Park	2111 Westward Dr.	701.746.2771																													
E-6	Bringewatt Park	2205 24th Ave. S.	701.746.2785																													
F-7	Choice Outdoor Spray Park	4401 S. 11th St.																														
F-6	Cox Park	800 24th Ave. S.	701.746.2773																													
F-4	Elks Park	1002 13th Ave. S.	701.746.2781																													
C-3	Exchange Club Park	3702 6th Ave. N.	701.746.2775																													
D-5	Haake Strip Park	Bike path between BF & Apollo																														
F-3	Half Circle Park	614 3rd Ave. S.																														
F-4	Independence Park	1000 5th Ave. S.																														
B-3	Jaycees Park	4790 Technology Cr.	701.787.2229																													
G-3	Kannowski Park/Rydell Skate Park	701 S. 4th St.																														
F-6	Kelly Park	904 32nd Ave. S.	701.746.2774																													
D-7	Kiwanis Park (North Park)	3851 S. 34th St.																														
D-7	Kiwanis Park (South Park)	4100 S. 32nd St.																														
G-4	Lincoln Drive Park	120 Euclid Ave.	701.740.1826																													
D-5	Lions Park	3211 17th Ave. S.	701.746.2782																													
E-7	Masonic Park	1950 40th Ave. S.																														
F-3	Midtown Park	402 N. 6th St.																														
F-8	Optimist Park	4600 Cherry St.	701.746.2784																													
C-5	Prime Steel Park	3900 14th Ave. S.																														
B-3	Richards West Park	4700 6th Ave. N.	701.787.3487																													
F-2	Riverside Park	1810 N. 1st St.	701.215.9469																													
E-8	Ryan Park / Ryan Lake	2001 47th Ave. S.																														
D-4	Sertoma Park (Japanese Garden)	3300 11th Ave. S.																														
F-2	Skidmore Park	1210 N. 5th St.																														
E-6	Symington Park	1801 24th Ave. S.																														
E-3	University Park	320 N. 25th St.	701.746.2778																													
D-6	Veterans Memorial Park	2357 S. 34th St.																														
F-4	Williamson Park	1020 7th Ave. S.																														
E-4	Willmar Park	904 S. 16th St.																														

PARKS, PERMITS, & TREES

RULES, REGULATIONS, SPECIAL ARRANGEMENTS, PERMITS, & SCHEDULING FEE INFO ARE AVAILABLE ONLY AT THE GF PARK DISTRICT OFFICE DURING BUSINESS HOURS: MONDAY - FRIDAY | 8AM - 5PM

SHELTER RENTALS

ALL SHELTERS RENT FOR \$40/DAY
(For 100+ people, you will need to rent a 2nd shelter)

RENTAL TIME: 10:00 am - 9:30 pm

SELECT BUILDING RENTALS ALSO AVAILABLE (\$100)

No reservations after September 30 unless approved by GF Park District administration. No advanced reservations can be made until February 1st of the current year.

FESTIVALS & EVENTS

Festivals and events are welcome at most of our park areas. Scheduling will be subject to the availability of the park and expected use of the park by the public. Access to major park facilities will be maintained during festivals and events. Park District reserves the right to cancel a festival or event if safety concerns arise or if there is a risk to the park or its facilities.

OUTDOOR SPECIAL EVENTS & PERMITS

Arrangements and permits to host a special event in parks and shelters can be made by contacting the GF Park District.

The Park District must approve all festivals and events. The applicant or event coordinator must complete a Special Use Permit along with any other permits or forms required. Some festivals and events may require Park Board approval. Special Use Permits are available at the Park District Office.

Park District will establish the fees for festivals and events. For any event at which merchandise and/or food is sold, admission or entry fees are collected; the Park District requires a percentage/fee of gross sales be paid to the Park District.

ALCOHOL PERMITS

Alcohol may be consumed in Public Parks by PERMIT ONLY. Alcohol Permits are available in the GF Park District office during business hours. Permits are available after business hours at the Grand Forks Police Department.

PERMIT TYPE	COST	PERMIT VALID FOR:
Individual (10 or less)	\$5	1 picnic season
Group (may exceed 10)	\$10	1 event only
Team	\$15	1 playing season
Special Event	\$25	1 event, location, date, time

OUTDOOR WEDDINGS

RESERVATION POLICY

It is the policy of the GF Park District to allow weddings to be held in any of our public parks. Reservations are required to ensure other events are not scheduled in the same area during the time requested. Reservations will be taken at our office on a first come, first served basis. A fee will apply to wedding reservations.

FORESTRY DEPARTMENT

QUESTIONS ABOUT BERM TREES OR TREE CARE?

The Grand Forks Park District Forestry Department offers consulting services regarding care of trees and shrubs located on private property.

CONTACT US: (701) 746-2750

DEFENDERS OF THE TREES

The Forestry Department has had jurisdiction over the planting and maintenance of all berm trees in Grand Forks since 1917. The forestry crew maintains over 31,000 berm trees and over 6,000 trees in our parks and golf courses. Forestry is also responsible for removing old, hazardous, and diseased berm trees. Grand Forks is the longest running Tree City USA in North Dakota and celebrates an annual Arbor Day event. (See page 18 for details)

The Forestry Department offers consulting to homeowners regarding care of trees and shrubs located on private property. The department responds to over 800 calls a year from homeowners requesting a wide range of treatments to be administered to berm trees.

TREE CARE

EMERALD ASH BORER

The Emerald Ash Borer (EAB), is a woodboring beetle native to eastern Asia, and it is believed that the beetle was unintentionally brought to US in infested ash crates or pallets. The most recent findings have been in Winnipeg, MB in 2017, Sioux Falls, SD in 2018 and Sauk Centre, MN in 2019. For more information regarding tree care and what you can do to prevent Emerald Ash Borer in your city, visit the Forestry page on gfparks.org.

DUTCH ELM DISEASE

The first case of Dutch Elm Disease in Grand Forks was in 1979. At that time there were 11,800 elms in Grand Forks. Today, due to the efforts of our Dutch Elm Disease Program, 3,000 of those elms still remain.

LINCOLN DOG PARK

LOCATED AT LINCOLN DRIVE PARK
1319 LINCOLN DR. | 5AM - 11PM

Take your dog to the dog park to run & interact with other dogs! Please make sure to have your dog's license on you, clean up after you leave, & never leave your dog unattended (human supervision required).

Pet owner responsibility doesn't end inside the fence. Owners are legally responsible for their dogs and any injuries caused by them.

LOOKING FOR MORE DOG PARKS?

The GF Humane Society has a great dog park too. Check it out! **4375 North Washington Street**



HELP US PUT
BIG SMILES
ON LITTLE
FACES



Through the assistance of the Foundation, the Grand Forks Park District is committed to the development, enhancement, and sustainability of parks, playgrounds, facilities, programs, and activities for our community.

PROJECTS IN THE WORKS

SCHOLARSHIPS FOR KIDS

Did you know 1 in 3 ND children are overweight/obese? We are fighting to end childhood obesity in Grand Forks youth by getting our kids active. By offering half or full scholarships to low-income qualifying families, we help all children stay active, regardless of their financial restraints.

By donating to the Grand Forks Parks & Rec Foundation youth activity scholarship fund, you are giving a child in need the opportunity to get active and live a healthier life!

VETERANS MEMORIAL PARK

Through the campaign efforts of veterans, military members, and local families, friends and supporters over the last 10 years, the dream to build a Veterans Memorial Park is coming true! With construction continuing over the summer, we hope to have the park completed by Spring 2021. If you would like to honor our local veterans and support this project, contact us.

LAW ENFORCEMENT MEMORIAL

@ OPTIMIST PARK

A campaign to build a memorial at Optimist Park honoring the brave, local men and women who gave their lives in the line of duty to protect us.

Through community philanthropy, the Northern Valley Law Enforcement Memorial steering committee is working to raise \$250,000 needed to build a memorial in honor of the brave Northern Valley law enforcement officers who have given their lives in the line of duty. The memorial will be a place where the legacy of Law Enforcement members can be recognized and honored. Learn more, visit gfparksfoundation.org.

RENOVATION OF (New in 2021) EAGLES/BLUE LINE CLUB ARENA

Through community philanthropy, we plan to renovate the current Eagles & Blue Line Club Arenas over the next few summers. When completed, the facility will seat over 500 spectators and have many upgraded amenities such as multiple viewing decks, noise reduction features, larger concession area, updated locker rooms, a remodeled exterior, and much more. For more information, visit gfparksfoundation.org.

To be a part of this project, please contact us.

RENOVATION OF KRAFT FIELD

Over the next few years, we hope to renovate and renew the iconic youth baseball stadium, Kraft Memorial Field, to its original condition. This much-needed renovation will allow the baseball season to start earlier and increase the number of games played overall, resulting in a greater financial impact in the Greater Grand Forks community during tournament play. To be a part of this project, please contact us.

RYDELL SKATEPARK

@ KANNOVSKI PARK

In September 2018, Phase 1 of the relocated, updated skatepark was complete and now skaters of all ages and their families have a safe place to gather.

However, to complete the skatepark as planned, we must finish raising the funds needed to build Phase 2. Help us make this possible by getting involved or donating to this campaign.

Get involved on social media: #SkateparkGf

FUNDRAISERS

NEW! GRAND FORKS 10

27-28
AUGUST AUGUST

The new Grand Forks 10 race weekend will feature a 10 Mile Race; 10k Race; 5k Race; and fun activities for all ages!

Event and registration information can be found online at gfmaraathon.com

KEEP THE BALL ROLLIN' GOLF TOURNAMENT

3
JUNE

Time: 12:30 pm

Location: King's Walk Golf Course

Register Online at gfblineclub.com

Proceeds go to youth sports through the Blue Line Club.

Mark Your Calendar

SUMMER

EVENTS

ARBOR DAY CELEBRATION

TREE HUGGERS WELCOME!



MAY
2021

Location: TBD

Cost: FREE

Grand Forks is the longest running "Tree City USA" in North Dakota and hosts an

Arbor Day celebration every year in conjunction with the East Grand Forks Park District.

Join us this spring to celebrate our area's lovely green diversity. Check our website (gfparks.org) for updates on date and location!

SUMMERTHING KIDS!

2-DAY FAMILY FUN FEST



23 & 24
JUNE

New Time: 6:00 - 9:00 pm

Location: University Park

Cost: FREE

Soak in summer with two evenings of family fun in one of Grand Forks' most beautiful parks. Find tents full of hands-on activities for kids, including building, painting, gluing, and creating. Live kids music completes this two-day celebration of sweet summertime!

Stay after on Thursday for a **Movie in the Park** starting at sundown!

HOOKED ON FISHING

FAMILY FISHING EVENT



17

Time: 5:30 - 7:30 pm

Location: Ryan Lake
(South of South Middle School)

Ages: 6-13 years

CANCELLED IN 2021

2021 EVENT IS CANCELLED DUE TO A ZEBRA MUSSEL INFESTATION AT RYAN LAKE

Bring the whole family to this catch-all event! Ryan Lake will be stocked with over 400 fish ready to be caught during the Hooked on Fishing event! You catch it, you keep it! Have the kids bring their own fishing gear, including bait, lures, casting, cleaning, regulations, and other responsible angler information. Hooked on Fishing is sponsored by North Dakota Game & Fish Department and Scheels.

FAMILY FUN NIGHT

COMMUNITY BLOCK PARTY



27
JULY

New Time: 6:00 - 9:00 pm

Location: University Park

Cost: FREE

The GF Park District along with Xcel Energy, invite you to Family Fun Night – Chalk it Up! This ultimate block party is for all of Grand Forks and includes family games, chalk art, treats, a children's parade, face painting, inflatable games, and more. Youth and adults of all ages, join us for a night filled with family fun!

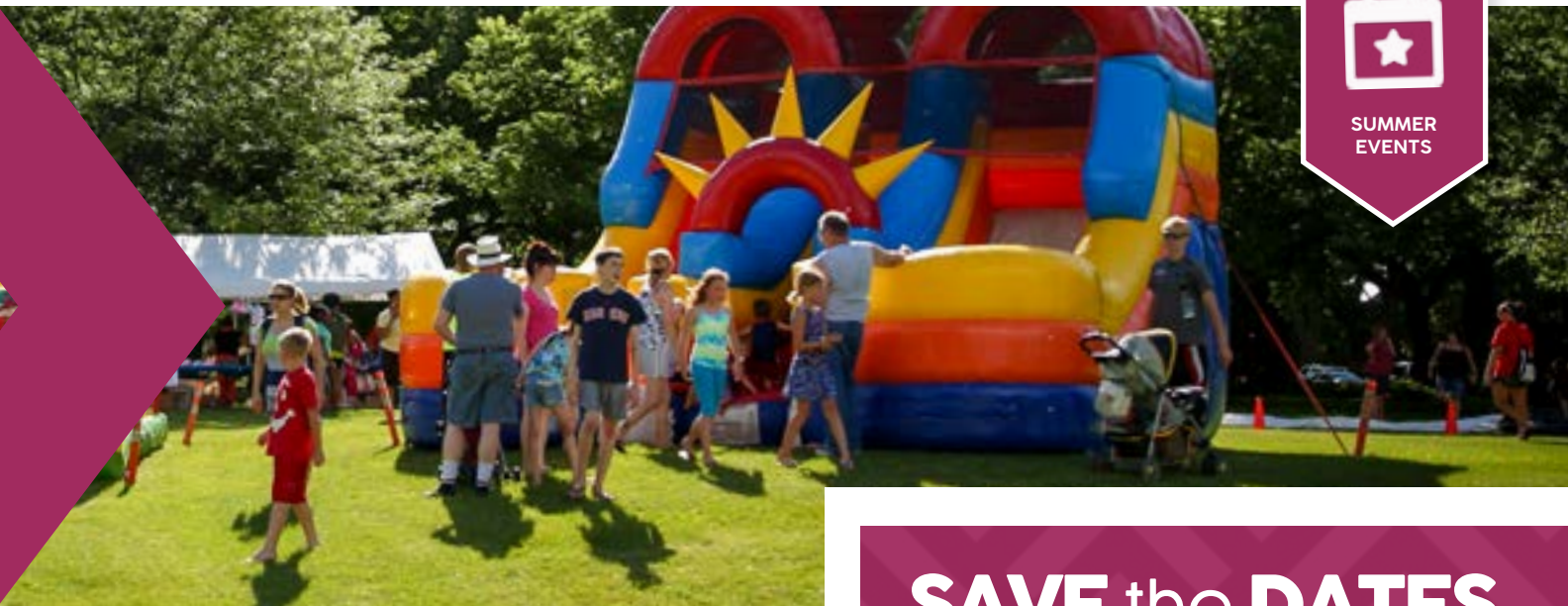
Stay after the event for a **Movie in the Park** starting at sundown!

COVID-19 Notice: All events will be following the ND Smart Restart COVID-19 Guidelines. If the North Dakota Department of Health does not recommend community events, we plan to postpone the events. We are in this together Grand Forks!

Event Notice Release: By entering these event premises, you are consenting to be photographed and/or filmed for the use of promotion, marketing mediums, and media in perpetuity, in connection with the GF Park District. If you do not agree to the foregoing, please do not enter the event premises.



SUMMER
EVENTS



MOVIE IN THE PARK

FLICKS UNDER THE STARS

Time: Movies Start at 6pm or 9pm

Cost: FREE

Take a walk to the park for a one-of-a-kind experience that offers everyone the opportunity to sit back and enjoy the show under the stars. The family friendly movies are free to the public and range from the classics to recent releases, action and adventure to comedy.



2021 MOVIE SCHEDULE

10
JUNE

SCOOB!

University Park at 6:00pm

Sponsor: Ground Round | Food Available for Sale

24
JUNE

VERY EXCELLENT MR. DUNDEE

University Park at 9:00pm

Sponsor: Ground Round | Food Available for Sale

14
JULY

JR. DETECTIVE AGENCY

University Park at 6:00pm

Sponsor: Ground Round | Food Available for Sale

27
JULY

THE WAR WITH GRANDPA

University Park at 9:00pm

Sponsor: Ground Round | Food Available for Sale



Movie in the Park Date Night

BARB & STAR GO TO VISTA DEL MAR (PG-13)

Lincoln Drive Park at 6:00pm

Sponsor: Ground Round | Food Available for Sale

25
AUG

MY SPY

University Park at 6:00pm

Sponsor: Ground Round | Food Available for Sale

SAVE the DATES



BLACK CAT BASH 2021

28
OCT

HALLOWEEN EVENT FOR KIDS!



SANTA VILLAGE 2021

6
DEC

22
DEC

SANTA'S HOLIDAY WORKSHOP!
SANTA ON-SITE: DEC. 11-12 & 18-19



GREENWAY SNOW DAY 2022

5
FEB

FUN-FILLED FAMILY SNOW DAY!



KNIGHT FOR A PRINCESS 2022

18
FEB

19
FEB

A FAIRYTALE NIGHT FOR
DADDY & DAUGHTER

18
MARCH

19
MARCH



LUCKY STRIKE BOWLING 2022

MOTHER/SON
BOWL-A-RAMA

5 & 6
MARCH MARCH

Make a Splash!

OUTDOOR POOLS

OUTDOOR POOL RATES

INDIVIDUAL DAY PASSES

Adult	\$4.00
16 & Under	\$3.00
4 & Under (with adult)	\$2.00
Non-Swim Day Pass	\$1.50
Lap Swim at Elks Pool (M & W, 7-8:30 pm)	\$2.00

GROUP PASSES*

5 or less people with an Adult	\$13.00
* Available: Monday - Friday	5:00 - 8:30 pm
* Available: Saturday & Sunday	All Day

SEASON PASSES / PACKAGES

Individual Pass	\$60.00
Family Pass (6 passes*) *additional passes are 50% off at time of pass purchase	\$235.00
Non-Swim Season Pass	\$15.00
Swim Booklet (11 Passes*) *purchase at Park District office only	\$30.00

PRIVATE POOL RENTALS

RENT THE POOL FOR A BIRTHDAY PARTY!

FLAT RENTAL RATE:

\$50 + \$1 per person
(anyone on pool deck / in water)

CHOICE HEALTH & FITNESS HANDLES **ALL** POOL RENTALS.

Visit www.choicehf.com to fill out an online party inquiry form or call us at (701) 787-3497



SWIM BUS



SWIM BUS SCHEDULE WILL BE AVAILABLE AT JUST FOR FUN SITES

AGE: 6 years & older

(Must be over 3'6" tall and water safe)

SPRAY PARKS

FREE & OPEN TO THE PUBLIC!

DATES: Mid-May - Sept. (weather permitting)

HOURS: Sun. - Sat. | 9 am - 9 pm

LOCATIONS: University Park, Elks Pool, and Choice Health & Fitness. See page 12 for location details.





ELKS POOL

1002 13TH AVENUE SOUTH

1-15
JUNE AUGUST

Elks Pool has two great water slides and a spray park. The facility also has concessions, picnic, and playground areas.

ELKS POOL HOURS

Monday - Friday	12-5pm 6-8:30pm
Saturday & Sunday	Check gfparks.org
Flotation devices can be used	6:00 - 8:30 pm

LAP SWIMMING AT ELKS POOL (COST: \$2.00)

June 1 - Aug. 1 Mon & Wed	7:00 - 8:30 pm
Aug. 2 - Aug. 11 Mon & Wed	6:00 - 7:00 pm

ELKS POOL | LIMITED HOURS

July 4	12:00 - 5:00 pm
August 2 - 13 (Mon-Fri)	12:00 - 7:00 pm
August 2 - 15 (Sat/Sun)	1:00 - 7:00 pm

Swim diapers required in aquatic facilities.
(*Dates subject to change due to pool maintenance)

RIVERSIDE POOL

1810 NORTH 1ST STREET

7-22
JUNE AUGUST

Riverside Pool has a diving board, water slide, and toddler pool. The facility also has concessions, picnic, and playground areas.

RIVERSIDE POOL HOURS

Monday - Friday	12-5pm 6-8:30pm
Saturday & Sunday	Check gfparks.org
Flotation devices can be used	6:00 - 8:30 pm

RIVERSIDE POOL | LIMITED HOURS

July 4	12:00 - 5:00 pm
August 2 - 20 (Mon-Fri)	12:00 - 7:00 pm
August 2 - 22 (Sat/Sun)	1:00 - 7:00 pm

Swim diapers required in aquatic facilities.
(*Dates subject to change due to pool maintenance)

POOL DATES SUBJECT TO CHANGE

DUE TO THE POTENTIAL RISK OF SPRING FLOODING, PLEASE BE AWARE THAT THE RIVERSIDE POOL OPENING DATE LISTED ABOVE MAY BE SUBJECT TO CHANGE.

Jump into Summer!

OUTDOOR SWIMMING LESSONS



YOUTH SWIMMING LESSONS

OUTDOOR SWIM PROGRAM (AGES 4-12 YEARS)

Cost: \$50 per session (8 lessons)
Contact Preston Olson (701-746-2790) to determine the appropriate level for your child.

Please note: When registering your child for multiple sessions, sign them up for same level until it is confirmed that they passed.

Park District Registration



OUTDOOR
SWIMMING

SUMMER SESSION DATES

SESSION 1: ELKS

14-24
JUNE JUNE
1 JUNE
Reg. Deadline
Late Fee: \$10

SESSION 2: RIVERSIDE

6-16
JULY JULY
1 JUNE
Reg. Deadline
Late Fee: \$10

SESSION 3: ELKS

19-29
JULY JULY
1 JUNE
Reg. Deadline
Late Fee: \$10

SESSION 4: RIVERSIDE

2-12
AUGUST AUGUST
1 JUNE
Reg. Deadline
Late Fee: \$10

SWIMMING LEVELS

Level 1	Sunfish: Bobs / Floats
Level 2	Perch: Kicks & Glides / Rolls / Intro Front Crawl Breathing
Level 3	Bass: Freestyle / Elementary Backstroke
Level 4	Walleye: Backstroke / Treading / Side Stroke / Retrieving Objects
Level 5	Northern Pike: Breaststroke / Retrieving Objects
Level 6	Muskie: Butterfly / Master All Strokes / Endurance / Turns

*MONDAY - THURSDAY | 10:45 - 11:25 AM

SWIMMING LEVEL	SESSION 1	SESSION 2	SESSION 3	SESSION 4
Level 1: Sunfish	421110 - 11	421110 - 12	421110 - 13	421110 - 14
Level 2: Perch	421110 - 21	421110 - 22	421110 - 23	421110 - 24
Level 3: Bass	421110 - 31	421110 - 32	421110 - 33	421110 - 34

Note: Session Dates and Full Level Descriptions are listed above.

*MONDAY - THURSDAY | 10:00 - 10:40 AM

SWIMMING LEVEL	SESSION 1	SESSION 2	SESSION 3	SESSION 4
Level 4: Walleye	421110 - 41	421110 - 42	421110 - 43	421110 - 44
Level 5: Northern Pike	421110 - 51	421110 - 52	421110 - 53	421110 - 54
Level 6: Muskie	421110 - 61	421110 - 62	421110 - 63	421110 - 64

Note: Session Dates and Full Level Descriptions are listed above.

PROUD ACTIVITY GUIDE SPONSOR



RIVERSIDE
CHRISTIAN SCHOOL

610 2nd Ave NE EGF, MN 56721

prek-12th grade

ENROLL TODAY!

2021-2022

rcsrams.org 218-773-1770 office@rcsrams.org

CHOICE HEALTH & FITNESS

AQUATICS COMPLEX

3-Lane Lap Pool | 2 Water Slides with Slide Bay
Zero Depth Entry Pool with Spray Features
Lazy River for Family Fun and Low Impact Walking
Water Aerobics Classes | Swimming Lessons

AQUATICS COMPLEX HOURS

SPRING / SUMMER HOURS

*HOURS ARE SUBJECT TO CHANGE | CHECK CHOICEHF.COM

Monday - Friday: 6:00 am - 8:00 pm

Saturday: 8:00 am - 5:00 pm

Sunday: 11:00 am - 5:00 pm

Splash & Splash
SWIM >>>
INDOORS

Youth **SWIMMING LESSONS >>>**

HOW TO REGISTER



NEW! ONLINE REGISTRATION
Available to members only*
Register online at choicehf.com



Registration Forms available for download online at choicehf.com or in-person at Choice Health & Fitness. Forms can be turned in at Customer Service Desk.

SESSION DATES

SESSION 1

7-1
JUNE JULY
31 MAY
Reg. Deadline
Late Fee: \$10

REG. OPENS: APRIL 12

SESSION 2

6-2
JULY AUGUST
29 JUNE
Reg. Deadline
Late Fee: \$10

REG. OPENS: JUNE 15

PARENT & ME (AGES 9 MONTHS - UNDER 2 YEARS)

Parent & Me provides an introduction to water for parents and children.

The class is a fun and safe way to get children comfortable in water. | **Max Class Capacity:** 6 Swimmers

DAYS	TIME	COST	SESSION 1 CODE	SESSION 2 CODE
WED	6:00 pm - 6:30 pm	\$46 / \$62 (non-mem)	AQ2-3101	AQ2-3102

ADVANCED PARENT & ME (2 - 3 YEARS)

Advanced Parent & Me provides fun and safe way to get children comfortable in the water and with basic water safety skills.

Max Class Capacity: 4 Swimmers

DAYS	TIME	COST	SESSION 1 CODE	SESSION 2 CODE
MON	6:00 pm - 6:30 pm	\$46 / \$62 (non-mem)	AQ2-3501	AQ2-3502

TINY TOTS SWIMMING (AGES 3 - 4 YEARS)

Tiny Tots Swimming provides an introduction to basic water safety for children.

Program offers children a way to get comfortable in water without a parent. | **Max Class Capacity:** 4 Swimmers

DAYS	TIME	COST	SESSION 1 CODE	SESSION 2 CODE
M & W	9:30 am - 10:00 am	\$76 / \$116 (non-mem)	AQ2-4451	AQ2-4452
T & TH	5:30 am - 6:00 pm	\$76 / \$116 (non-mem)	AQ2-4511	AQ2-4512



SWIMMING ACADEMY

(AGES 4 YEARS & UP)

Swimming Academy is designed to teach children all levels of swimming, from basic and competitive skills to rescue strokes and water safety.

Max Class Capacity: 4 Swimmers

LEVEL 1 | SUNFISH (BOBS & FLOATS)

DAYS	TIME	COST	SESSION 1 CODE	SESSION 2 CODE
M & W	9:30 am - 10:00 am	\$76 / \$116 (non-mem)	AQ2-51051	AQ2-51052
M & W	4:30 pm - 5:00 pm	\$76 / \$116 (non-mem)	AQ2-51201	AQ2-51202
M & W	5:00 pm - 5:30 pm	\$76 / \$116 (non-mem)	AQ2-51251	AQ2-51252
M & W	5:30 pm - 6:00 pm	\$76 / \$116 (non-mem)	AQ2-51301	AQ2-51302
T & TH	4:30 pm - 5:00 pm	\$76 / \$116 (non-mem)	AQ2-51551	AQ2-51552

LEVEL 2 | PERCH (KICKS & GLIDES)

DAYS	TIME	COST	SESS. 1 CODE	SESS. 2 CODE
M & W	4:30 pm - 5:00 pm	\$76 / \$116 (non-mem)	AQ2-52101	AQ2-52102
M & W	5:00 pm - 5:30 pm	\$76 / \$116 (non-mem)	AQ2-52201	AQ2-52202
M & W	5:30 pm - 6:00 pm	\$76 / \$116 (non-mem)	AQ2-52251	AQ2-52252
T & TH	4:30 pm - 5:00 pm	\$76 / \$116 (non-mem)	AQ2-52551	AQ2-52552

LEVEL 3 | BASS (FREESTYLE & ELEMENTARY BACKSTROKE)

DAYS	TIME	COST	SESS. 1 CODE	SESS. 2 CODE
M & W	4:30 pm - 5:00 pm	\$76 / \$116 (non-mem)	AQ2-53101	AQ2-53102
M & W	5:00 pm - 5:30 pm	\$76 / \$116 (non-mem)	AQ2-53151	AQ2-53152
M & W	5:30 pm - 6:00 pm	\$76 / \$116 (non-mem)	AQ2-53201	AQ2-53202
T & TH	4:30 pm - 5:00 pm	\$76 / \$116 (non-mem)	AQ2-53551	AQ2-53552

LEVEL 4 | WALLEYE (BACKSTROKE & TREADING)

DAYS	TIME	COST	SESS. 1 CODE	SESS. 2 CODE
M & W	6:00 pm - 6:30 pm	\$76 / \$116 (non-mem)	AQ2-54301	AQ2-54302
T & TH	5:00 pm - 5:30 pm	\$76 / \$116 (non-mem)	AQ2-54501	AQ2-54502

LEVEL 5 | NORTHERN PIKE (BREAST & SIDESTROKE)

DAYS	TIME	COST	SESS. 1 CODE	SESS. 2 CODE
M & W	6:00 pm - 6:30 pm	\$76 / \$116 (non-mem)	AQ2-55301	AQ2-55302
T & TH	5:00 pm - 5:30 pm	\$76 / \$116 (non-mem)	AQ2-55501	AQ2-55502

LEVEL 6 | MUSKIE (BUTTERFLY & MASTER ALL SKILLS)

DAYS	TIME	COST	SESS. 1 CODE	SESS. 2 CODE
M & W	6:00 pm - 6:30 pm	\$76 / \$116 (non-mem)	AQ2-56301	AQ2-56302
T & TH	5:00 pm - 5:30 pm	\$76 / \$116 (non-mem)	AQ2-56501	AQ2-56502

PRIVATE LESSONS



Choice Health & Fitness offers private swimming lessons for every ability. To inquire about private lessons, contact our Aquatics Coordinator: aquatics@choicehf.com | (701) 746-2790

CHOICE YOUTH SWIM CAMP

5-7
AUGUST

3-Day Youth Swim Camp!
For details, visit choicehf.com after May 1st.

Ready-Set-Go! ON THE RUN



MONDAY TRACK MEETS (AGES 4 - 14 YEARS)

7

JUNE

14

JUNE

21

JUNE

28

JUNE

When: Mondays in June at 6:00 pm **Cost:** FREE!

Location: Cushman Field (Near Red River High School)

How to Register: Show up prior to the event you plan to enter.

Age Groups: 4 & Under, 5-6, 7-8, 9-10, 11-12, 13-14

(*Determined by age of child on the day of track meet)

1st, 2nd, 3rd place ribbons awarded in each event and age group, with participation ribbons given to all participants.

EVENTS

4 & UNDER 5-6 YRS	7-8 YRS 9-10 YRS	11-12 YRS	13-14 YRS
50m dash	50m dash	100m dash	100m dash
200m dash	100m dash	200m dash	200m dash
st. long jump	200m dash	400m dash	800m dash
softball throw	400m dash	800m dash	1600m dash
	m. long jump	m. long jump	m. long jump
	softball throw	softball throw	softball throw

TIME SCHEDULE OF EVENTS

6:00 PM	6:30 PM	6:45 PM
softball (8 & U)	softball (9-14)	50m dash (10 & U)
long jump (9-14)	long jump (8 & U)	100m dash (7-14)
	200m dash	200m dash (all ages)
	400m dash	400m dash (7-14)
	m. long jump	800m dash (11-14)
	softball throw	1600m dash (13-14)

In the running events, the youngest groups start first with girls starting first in each age

2021 LOCAL RACES

CHECK OUT THESE AWESOME EVENTS
HAPPENING IN THE GRAND FORKS AREA!

April 23	Choice Kids Duathlon
April 24	Choice Triathlon
June 5	END-TICK
June 12	Run For Your Buns
June 19	END-WET
July 4	Firecracker 10K/5K
July 17-18	Wilderman
Aug. 21	Rollin' on the River
Aug. 27-28	Grand Forks 10
Sept. 17	Kids Get Wet & Run Wild

IMPROVE YOUR PERFORMANCE

SPORTS SPECIFIC TRAINING

Looking to enhance your running form or
improve your endurance? We can help!
See pages 40-43 for more info.





TRACK & FIELD
& RACE EVENTS

2021 CHOICE INDOOR/OUTDOOR TRIATHLON

COMPETE OR COMPLETE
ANYONE CAN TRI!



24
APRIL

Saturday | April 24th

Time: 8:00 am - 12:00 pm

Location: Choice Health & Fitness
and South East Parking Lot

How to Register: 
in-person
at CHOICE HF

Entry Fee: \$50 for Choice members | \$60 for non-members

TRIATHLON DISTANCES:

500 Yard Swim (20 lengths in choice pool)

14 Mile Bike Ride (on stationary spin bike)

5K Run (on outdoor course)

This three-event competition includes a 500 yard swim in the Choice pool, a 14-mile bike on spin bikes outside of Choice Health & Fitness, and a 5K run looping from 47th Avenue South to the Greenway and back to Choice Health & Fitness. Whether participating to compete or complete, you're sure to have a day filled with fun and fitness!

SPONSORSHIPS AVAILABLE!

CONTACT: Lisa Rollefstad | lrollefstad@choicehf.com

2021 KIDS SPLASH & DASH YOUTH DUATHLON

2 EVENT COMPETITION
FOR YOUNG ATHLETES!



23
APRIL

Friday | April 23rd

Time: 5:30 pm

Location: Choice Health & Fitness
and South East Parking Lot

How to Register: 
in-person
at CHOICE HF

Entry Fee: \$30.00 / participant
(Open to both Choice members and non-members)

DUATHLON DISTANCES:

AGE	SWIM	RUN
7-10 years	100 Meter Swim	1 Kilometer Run
11-15 years	200 Meter Swim	2 Kilometer Run

Choice Health & Fitness' Kids Splash and Dash Youth Duathlon introduces young athletes to multi-event competitions. Following USA Triathlon guidelines, this event features a short swim in the Choice pool followed by a run around the southeast parking lot.

PROUD ACTIVITY GUIDE SPONSOR



THURSDAY, JUNE 10, 2021
KING'S WALK GOLF COURSE

Compete in a golf scramble to support homeless men, women, and families!

Register yourself or your team at
northlandsrescuemission.org/golf

\$125/Individual
\$480/Four-person Team
\$650/Four-person Team
+ Hole Sponsorship



SAT. AUGUST 28TH

WALK, RUN, OR RIDE TO
SUPPORT HOMELESS MEN,
WOMEN, AND FAMILIES

Choose your event! Afterwards, join us for food,
live music, awards, and more!

Register Online Now At
NorthlandsRescueMission.org/HomeRun



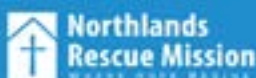
5K Run/Walk



100K Bike Ride



25-Mile Bike Ride



For More Information
Call (701) 772-6600 Ext. 212 Or Visit Us Online.





YOUTH
BASEBALL

YOUTH >>> BASEBALL

YOUTH BASEBALL SESSION DATES

7 + **29**
JUNE JULY

5 MAY REGISTRATION
DEADLINE LATE FEE: \$20

NO BASEBALL: JULY 2 & 5

HOW TO REGISTER



IMPROVE YOUR GAME

Looking to enhance your
game off the field?
See pages 40-43
for more info.



GRAND FORKS PARK DISTRICT YOUTH RECREATIONAL BASEBALL PROGRAMS

All boys and girls in Grand Forks ages 5-13 years old are eligible to participate in baseball programs. Our summer recreational baseball program introduces players to age appropriate skills and game play strategies. Children will be taught proper techniques, given time to practice and build upon learned skills, and be given plenty of opportunity to showcase their newly developed skills in games that are centered on positive encouragement, inclusion, and sportsmanship. Equipment is provided. Just bring your glove, and let's play!

Participants must register in the league that corresponds to their age group (as of May 1, 2021) unless permission is received from the baseball supervisor.

INCLEMENT WEATHER

Visit gfparks.org or call info line:
(701) 787-3499 for cancellation info.

BASEBALL T-SHIRTS

T-BALL & MITES:

Must print out registration receipt and bring to baseball section in Scheels to receive your team shirt FREE of charge.

SQUIRTS, PEEWEES, & BANTAM:

Baseball t-shirts will be provided to players courtesy of Scheels. Players will need to pick shirts up at Scheels after the first week of practice, once teams are assigned.

PICTURE DAYS

Picture info and schedule will be handed out the first day of practice.

TEAM REQUESTS

Carpooling or team requests are permitted for Tball and Mite age groups ONLY. Requests must be made on registration.

CITY TOURNAMENTS

20 **22** **27**
JULY JULY JULY

T-BALL & MITES:

Play games vs. other parks during last three days of season at Ulland Park.

20 **22** **27**
JULY JULY JULY

SQUIRT: Tournament held at normal times and location.

19 **21** **26**
JULY JULY JULY

PEEWEE & BANTAM:

Tournament held at normal times and location.

GRAND FORKS
YOUTH BASEBALL
ASSOCIATION



CAL RIPKEN (9-10 YRS | 11-12 YRS) *as of April 30th
Register online at: www.gfbaseball.com

T-BALL (5 YEARS)

SEASON STARTS: JUNE 8

DAYS	TIME	PRICE (INCLUDES HAT) \$10 LATE FEE AFTER DEADLINE	CODE
T & TH	9:00 - 10:00 am	\$58.00	422120

T-ball players are required to play at the park location nearest to their home. Practice and game locations dependent on registration numbers.

LOCATIONS & SECTION CODES:

Apollo (01) Viking/Cox (03) Optimist (08) University (10)

MITES (6-7 YEARS)

SEASON STARTS: JUNE 8

DAYS	TIME	PRICE (INCLUDES HAT) \$10 LATE FEE AFTER DEADLINE	CODE
T & TH	10:15 - 11:15 am	\$58.00	422220

Mites players are required to play at the park location nearest to their home. Practice and game locations dependent on registration numbers.

LOCATIONS & SECTION CODES:

Apollo (01) Viking/Cox (03) Optimist (08) University (10)

SQUIRTS (8 YEARS)

SEASON STARTS: JUNE 8

DAYS	TIME	PRICE \$10 LATE FEE AFTER DEADLINE	CODE
T, W, TH	1:00 - 2:00 pm (practices/games)	\$75.00	422321-01

LOCATION: All games and practices will be at Apollo Complex.

PEEWEEES (9-10 YEARS)

SEASON STARTS: JUNE 7

DAYS	TIME	PRICE \$10 LATE FEE AFTER DEADLINE	CODE
M & W	9:00 - 10:30 am (games)	\$75.00	422322-01
FRI	9:00 - 10:00 am (practices)		

LOCATION: All games and practices will be at Apollo Complex.

BANTAM (11-14 YEARS)

SEASON STARTS: JUNE 7

DAYS	TIME	PRICE \$10 LATE FEE AFTER DEADLINE	CODE
M & W	11:00 am - 12:30 pm (games)	\$75.00	4422521-01
FRI	10:15 - 11:15 am (practices)		

LOCATION: All games and practices will be at Apollo Complex.

BABE RUTH (13 - 15 YRS) *as of April 30th

Register online at: www.gfbaseball.com

SCHEELS

YOUR BASEBALL HEADQUARTERS



ELEVATE
YOUR *game*

SCAN CODE FOR OUR
BASEBALL BAT GUIDE!



COLUMBIA MALL • GRAND FORKS, ND

Connect with us on Facebook @grandforksscheels

SCHEELS.com f t i y



YOUTH
SOFTBALL



YOUTH SOFTBALL

YOUTH SOFTBALL SESSION DATES

7

JUNE

29

JULY

5

MAY

REGISTRATION
DEADLINE
LATE FEE: \$20

NO SOFTBALL: JULY 2 & 5

HOW TO REGISTER



gfparks.org



by mail



by fax



in-person

IMPROVE YOUR GAME

Looking to enhance your
game off the field?
See pages 40-43
for more info.



GRAND FORKS PARK DISTRICT

YOUTH RECREATIONAL SOFTBALL PROGRAMS

All girls in Grand Forks ages 5-15 years old are eligible to participate in softball programs. Our summer recreational softball program provides participants an opportunity to enhance their skills, learn the responsibilities of teamwork, and strive for excellence. Equipment is provided. Just bring your glove.

Participants must register in the league that corresponds to their age group (as of May 1, 2021) unless permission is received from the supervisor.

INCLEMENT WEATHER

Visit gfparks.org or call info line:
(701) 787-3499 for cancellation info.

SOFTBALL T-SHIRTS

Softball t-shirts for all ages will be provided to players courtesy of Scheels. Players will need to pick shirts up at Scheels after the first week of practice once teams are assigned.

PICTURE DAYS

Picture info and schedule will be handed out the first day of practice.

TEAM REQUESTS

Carpooling or team requests are permitted for Tball and Mite age groups ONLY. Requests must be made on registration.

CITY TOURNAMENTS

20 JULY 22 JULY 27 JULY

Softball tournament for Squirrels, Peeewees, and Ponytail divisions.

FUN DAY / LAST DAY

29 JULY

Fun Day / Last Day for
T-Ball and Mites divisions.

GRAND FORKS
GIRLS FASTPITCH
ORGANIZATION



GIRLS FASTPITCH SOFTBALL PROGRAM
IS OPEN TO GIRLS 6-18 YEARS OF AGE AND
OFFERS EVENING GAMES AND PRACTICES.

T-BALL (5-6 YEARS)

SEASON STARTS: JUNE 8

DAYS	TIME	PRICE <small>\$10 LATE FEE AFTER DEADLINE</small>	CODE
T & TH	9:00 - 10:00 am	\$58.00	423120-01

Location: All games and practices will be at Scheels Sports Complex.

MITES (7-8 YEARS)

SEASON STARTS: JUNE 8

DAYS	TIME	PRICE <small>\$10 LATE FEE AFTER DEADLINE</small>	CODE
T & TH	10:15 - 11:15 am	\$58.00	423220-01

Location: All games and practices will be at Scheels Sports Complex.

SQUIRTS (9-10 YEARS)

SEASON STARTS: JUNE 8

DAYS	TIME	PRICE <small>\$10 LATE FEE AFTER DEADLINE</small>	CODE
T & TH	11:30 am - 12:30 pm (games)	\$75.00	423320-01
MON	11:00 am - 12:00 pm (practices)		

Location: All games and practices will be at Scheels Sports Complex.

PEEWEE (11-12 YEARS)

SEASON STARTS: JUNE 7

DAYS	TIME	PRICE <small>\$10 LATE FEE AFTER DEADLINE</small>	CODE
T & TH	2:15 - 3:30 pm (games)	\$75.00	423421-01
MON	12:15 - 1:15 pm (practices)		

Location: All games and practices will be at Scheels Sports Complex.

PONYTAIL (13-15 YEARS)

SEASON STARTS: JUNE 8

DAYS	TIME	PRICE <small>\$10 LATE FEE AFTER DEADLINE</small>	CODE
T & TH	2:15 - 3:30 pm (games)	\$75.00	423521-01
WED	10:00 - 11:00 am (practices)		

Location: All games and practices will be at Scheels Sports Complex.

VISIT: www.gffastpitch.com
REGISTRATION NOW OPEN!
FOR MORE INFO, SEE PAGE 62-63.

SCHEELS

YOUR SOFTBALL HEADQUARTERS



NO limits

SCAN CODE FOR OUR
FASTPITCH SOFTBALL
BAT GUIDE!



COLUMBIA MALL • GRAND FORKS, ND
Connect with us on Facebook @grandforksscheels

SCHEELS.com f t i y

Slam Dunk the Fun HIT THE COURT

OPEN GYM

Open Gym time available at Choice Health & Fitness.
FREE with membership. *Children 10 years and under must be supervised by a person 14 years or older.*



IMPROVE YOUR GAME



SPORTS TRAINING

Looking to enhance your skills game on and off the court?
See pages 40-43 for more information.

PRIVATE LESSONS

Choice Health & Fitness offers private basketball lessons for players at every ability. To schedule a lesson, contact: sports@choicehf.com | 701.746.2790

YOUTH 3-ON-3 BASKETBALL LEAGUE (GRADES 4 - 12)

9
JUNE

29
JULY

2
JUNE

Reg. Deadline
Late Fee: \$10

Location: Choice Health & Fitness

How to Register:



REG. OPENS: APRIL 12

Stay competitive and in game shape this summer with youth basketball leagues. Get a group of friends together and register a team today!
(League times will be determined by the number of teams registered)

GROUP	DAYS	LEAGUE TIME	COST
Girls	WED	Evenings - Time TBD	\$160 per team
Boys	WED	Evenings - Time TBD	\$160 per team

Youth BASKETBALL >>>

HOW TO REGISTER



NEW! ONLINE REGISTRATION
Available to members only*
Register online at choicehf.com



Registration Forms available for download online at choicehf.com or in-person at Choice Health & Fitness. Forms can be turned in at the Customer Service Desk.



YOUTH
BASKETBALL

CHOICE BASKETBALL ACADEMY (GRADES K - 6)

7 + **16**
JUNE AUG.
REG. OPENS: APRIL 12
NO CLASS: JULY 5

31
MAY
Reg. Deadline
Late Fee: \$10

Location: Choice Health & Fitness

Basketball Academy is designed to develop the fundamentals of basketball by utilizing skill development sessions with our basketball instructors.

Contact Info: Tony Peterson or Lisa Rollefstad | sports@choicehf.com | 701.746.2790

GRADES K-1

DAYS	TIME	COST	REGISTRATION CODE	MAX CLASS CAPACITY
M & W	9:00 - 10:00 am	\$180	BB2-3105	12 Players
MON	9:00 - 10:00 am	\$90	BB2-3115	12 Players
WED	9:00 - 10:00 am	\$90	BB2-3125	12 Players
T & TH	9:00 - 10:00 am	\$180	BB2-3135	12 Players
TUES	9:00 - 10:00 am	\$90	BB2-3140	12 Players
THURS	9:00 - 10:00 am	\$90	BB2-3145	12 Players

GRADES 2-3

DAYS	TIME	COST	REGISTRATION CODE	MAX CLASS CAPACITY
M & W	10:00 - 11:00 am	\$180	BB2-3205	12 Players
MON	10:00 - 11:00 am	\$90	BB2-3215	12 Players
WED	10:00 - 11:00 am	\$90	BB2-3225	12 Players
T & TH	9:00 - 10:00 am	\$180	BB2-3235	12 Players
TUES	9:00 - 10:00 am	\$90	BB2-3240	12 Players
THURS	9:00 - 10:00 am	\$90	BB2-3325	12 Players

GRADES 4-6

DAYS	TIME	COST	REGISTRATION CODE	MAX CLASS CAPACITY
M & W	11:00 am - 12:00 pm	\$180	BB2-3305	12 Players
MON	11:00 am - 12:00 pm	\$90	BB2-3315	12 Players
WED	11:00 am - 12:00 pm	\$90	BB2-3325	12 Players

MVP BASKETBALL ACADEMY (GRADES 4 - 7)

8 + **12**
JUNE AUG.
REG. OPENS: APRIL 12

31
MAY
Reg. Deadline
Late Fee: \$10

Location: Choice Health & Fitness

MVP Basketball Academy is for players looking to take their game to the next level. Participants will be divided into groups based on skill level. Sessions will consist of 20 minutes of agility and ball-handling, 20 minutes of skill work, and 20 minutes of game play. Participants must be on a traveling team or have completed the Choice Basketball Academy program (Grades 4-5 or 6-8) and received consent from a Choice instructor.

Contact Info: Tony Peterson or Lisa Rollefstad | sports@choicehf.com | 701.746.2790

GIRLS | GRADES 4-8

DAYS	TIME	COST	REGISTRATION CODE	MAX CLASS CAPACITY
T & TH	10:00 - 11:00 am	\$200	BB2-4355	16 Players

BOYS | GRADES 4-8

DAYS	TIME	COST	REGISTRATION CODE	MAX CLASS CAPACITY
T & TH	11:00 am - 12:00 pm	\$200	BB2-4455	16 Players



YOUTH
TENNIS



YOUTH TENNIS

TENNIS IN THE PARKS

(AGES 5-14 YEARS)

14
JUNE

9
AUGUST

5
MAY

Reg. Deadline
Late Fee: \$10

No Tennis in Park: July 5

When: Monday & Wednesday

Cost: \$92

Location: Outdoor Tennis Courts*

How to Register:



gfparks.org by mail by fax in-person

This introductory program is designed to teach students the fundamental strokes and techniques of tennis.

*Players who have reached intermediate, advanced, or elite levels of Choice 10 & Under Tennis or Choice Tennis Academy cannot participate in Tennis in the Parks.

AGES 5 - 7
9:00-10:00 AM

AGES 8-10
10:00-11:00 AM

AGES 11 - 14
11:00 AM-12:00 PM

FACILITY	CODE	CODE	CODE
Wynne Com. (at Choice)	626065-21	626065-22	626065-23
Lincoln Park	626065-11	626065-12	(No age 11-14 Tennis in the Park at this location)
Register Complex	626065-41	626065-42	(No age 11-14 Tennis in the Park at this location)
University Park	626065-51	626065-52	626065-53
Riverside Park	626065-31	626065-32	(No age 11-14 Tennis in the Park at this location)

*Sites may be combined due to low numbers.

TENNIS CAMP (7TH-12TH GRADERS)

5
AUGUST

7
AUGUST

26
JULY

Reg. Deadline
Late Fee: \$10

Location: Choice H&F

Camp Cost: \$195

How to Register:



in-person at CHOICE HF by mail

Choice Tennis Camp is a concentrated group of lessons covering a variety of grips, strokes, and strategies, which are time tested and proven to develop players. Camp is divided into sessions covering primary strokes and techniques which are then reinforced with drills in a fun and informative atmosphere.

TENNIS TOURNAMENT



GRAND FORKS CLASSIC
TENNIS TOURNAMENT

25
JUNE

27
JUNE

Ages: Youth & Adult

Level: USTA Level 6

Location: Choice Health & Fitness

FOR MORE INFO AND TO REGISTER:

tennislink.usta.com | tournament ID#: 550015919

IMPROVE YOUR GAME ON & OFF THE COURT



SPORTS TRAINING | Looking to enhance your skills game on and off the court? See pages 40-43 for more info.

PRIVATE LESSONS | Choice Health & Fitness offers private tennis lessons for every ability. For more info & to schedule a lesson, contact: 701.746.2790 | tennis@choicehf.com

Choice Health & Fitness YOUTH TENNIS >>>

HOW TO REGISTER



NEW! ONLINE REGISTRATION
Available to members only*
Register online at choicehf.com



Registration Forms available for download online at choicehf.com or in-person at Choice Health & Fitness.
Forms can be turned in at Customer Service Desk.

TINY TOTS TENNIS (3 - 5 YEARS)

9 - 29
JUNE JULY
31
MAY
Reg. Deadline
Late Fee: \$10

Location:
Choice Tennis Courts

REG. OPENS: APRIL 12

Tiny Tots introduces pre-school aged children to tennis. Parent-child class, so plan to attend to assist your child.

AGES	DAYS	TIME	COST	REG. CODE
3-5	WED	12:10 - 12:50 pm	\$64	TN2-309
3-5	THURS	9:40 - 10:25 am	\$64	TN2-330

10 & UNDER TENNIS (5-10 YEARS)

7 - 18
JUNE AUG.
31
MAY
Reg. Deadline
Late Fee: \$10

Location:
Choice Tennis Courts

REG. OPENS: APRIL 12
NO CLASS: JULY 5

Provides a progressive approach to tennis success. Class utilizes scaled courts, low-compression balls, and smaller racquets to meet each child's developmental needs.

10 & UNDER TENNIS | BEGINNER

AGES	DAYS	TIME	COST	REG. CODE
5-6	MON	1:00 - 2:00 pm	\$90	TN2-4102
5-6	WED	1:00 - 2:00 pm	\$99	TN2-4106
7-8	MON	2:00 - 3:00 pm	\$90	TN2-4133
7-8	WED	2:00 - 3:00 pm	\$99	TN2-4138
9-10	MON	3:00 - 4:00 pm	\$110	TN2-4165
9-10	WED	3:00 - 4:00 pm	\$110	TN2-4168

10 & UNDER TENNIS | INTERMEDIATE

AGES	DAYS	TIME	COST	REG. CODE
5-6	MON	1:00 - 2:00 pm	\$90	TN2-4202
5-6	WED	1:00 - 2:00 pm	\$99	TN2-4206
7-8	M & W	2:00 - 3:00 pm	\$231	TN2-4238
9-10	M & W	3:00 - 4:00 pm	\$231	TN2-4268

10 & UNDER TENNIS | ADVANCED

AGES	DAYS	TIME	COST	REG. CODE
5-6	M & W	1:00 - 2:00 pm	\$189	TN2-4305
7-8	M & W	2:00 - 3:00 pm	\$231	TN2-4338
9-10	M & W	3:00 - 4:00 pm	\$231	TN2-4368

TENNIS ACADEMY (11 - 18 YEARS)

8 - 17
JUNE AUG.
31
MAY
Reg. Deadline
Late Fee: \$10

Location:
Choice Tennis Courts

REG. OPENS: APRIL 12

Designed to develop junior tennis players through a curriculum which promotes a natural progression through skill-based levels.

TENNIS ACADEMY | BEGINNER

AGES	DAYS	TIME	COST	REG. CODE
11-14	T & TH	1:00 - 2:00 pm	\$231	TN2-5105
11-14	TUES	1:00 - 2:00 pm	\$121	TN2-5115
15-18	T & TH	1:00 - 2:00 pm	\$231	TN2-5145
15-18	TUES	1:00 - 2:00 pm	\$121	TN2-5155

TENNIS ACADEMY | INTERMEDIATE

AGES	DAYS	TIME	COST	REG. CODE
11-14	T & TH	10:30-11:30 am	\$231 \$306 (non-mem)	TN2-5205
15-18	T & TH	2:00 - 3:30 pm	\$336 \$411 (non-mem)	TN2-5245

TENNIS ACADEMY | ADVANCED

AGES	DAYS	TIME	COST	REG. CODE
11-14	T & TH	10:30 am - 12:00 pm	\$336 \$411 (non-mem)	TN2-5305
15-18	T & TH	2:00 - 3:30 pm	\$336 \$411 (non-mem)	TN2-5345

TENNIS ACADEMY | ELITE

AGES	DAYS	TIME	COST	REG. CODE
15-18	T & TH	2:00 - 3:30 pm	\$336 \$411 (non-mem)	TN2-5445

JUNIOR TEAM TENNIS (11-18 YEARS)

14 - 9
JUNE AUGUST
7
JUNE
Reg. Deadline
Late Fee: \$10

Location:
Outdoor Tennis Courts

REG. OPENS: APRIL 19
NO CLASS: JULY 5

Tennis league in which junior tennis players compete as a team against other players of similar age and ability level. Coed teams are assigned by the Choice Health & Fitness tennis staff and consist of at least 6 players (3 boys & 3 girls).

AGES	DAYS	TIME	COST	REG. CODE
11-14	WED	4:00 - 6:00 pm	\$90	TN2-730
15-18	MON	4:00 - 6:00 pm	\$90	TN2-750

Game. Set. Match.

ADULT

TENNIS



INTRO TENNIS SERIES

(FIRST LESSON IS **FREE!**)

Location: Choice Health & Fitness **Cost:** \$50 **Max:** 12 Players

Registration Deadline: May 31

Give tennis a try! Join one of our pros for an adult introductory tennis lesson series. The series consists of 1 free intro group lesson followed by (5) one-hour group lessons. Come learn the basic strokes needed to play this lifetime sport.

HOW TO REGISTER



NEW! ONLINE REGISTRATION

Available to members only*

Register online at choicehf.com



Registration Forms available for download online at choicehf.com or in-person at Choice Health & Fitness. Forms can be turned in at Customer Service Desk.

SUMMER SESSION	DATES	CODE
MON 7:30 - 8:30 pm	June 7, 14, 21, 28, July 12, 19	TN2-2101
TUES 10:30 - 11:30 am	June 8, 15, 22, 29, July 13, 20	TN2-2201

SUMMER LEAGUES (18+ YEARS)

14 JUNE
23 AUGUST

7 JUNE
Reg. Deadline
Late Fee: \$10

No League: July 5

Location: Choice Health & Fitness

Cost: \$60 + tax (Singles)

\$40 + tax (Doubles)

How to Register:



In-person
at choice hf

Hit the tennis courts this summer in some friendly competition. Leagues available for all skill levels!

SUMMER LEAGUES	DAYS	TIMES
Singles (4.5 - 5.0)	MON	6:30 - 8:00 pm
Doubles (2.5 - 3.0 & 3.5 - 4.0)	THURS	6:30 - 8:00 pm

TENNIS DRILLS

Location: Choice Health & Fitness *(No Pre-registration Required)*

Cost: Noon Drill: \$10 (mem) / \$15 (non-mem)

Other Drills: \$13 (mem) / \$20 (non-mem)

Our most popular tennis activity. A pro leads a group of players through a variety of on-court drills. Participants are grouped with players who have similar abilities.

DRILL DAYS	TIMES
SUN	1:00 - 2:30 pm
MON	9:00 - 10:30 am 6:00 - 7:30 pm
TUES	9:00 - 10:30 am 12:00 - 1:00 pm 6:00 - 7:30 pm
WED	9:00 - 10:30 am 6:00 - 7:30 pm
THURS	9:00 - 10:30 am 12:00 - 1:00 pm 6:00 - 7:30 pm
FRI	10:30 am - 12:00 pm 12:00 - 1:00 pm
SAT	9:00 - 10:30 am

PRIVATE LESSONS

Contact one of the tennis pros at Choice for more information and to schedule a time.

tennis@choicehf.com | 701.746.2790



Serve Up the Fun >>>

RACQUETBALL

YOUTH RACQUETBALL ACADEMY (GRADES 4 - 8)

8 - 12
JUNE AUGUST
31 MAY
Reg. Deadline
Late Fee: \$10

REG. OPENS: APRIL 12

Location:
Choice Health & Fitness
How to Register:



Designed to develop the fundamentals of racquetball, utilizing skill development sessions with our racquetball instructors. Choice Racquetball Academy is open to Choice Health & Fitness members and non-members.

DAYS	TIMES	COST	REG. CODE
T & TH	4:30 - 5:30 pm	\$160 / \$190*	RB2-3615 (with kit: RB2-3615K)
TUES	4:30 - 5:30 pm	\$80 / \$110*	RB2-3620 (with kit: RB2-3620K)

*Cost includes racquetball starter kit (new racquet, eye wear, & racquetballs)

PRIVATE LESSONS

Choice Health & Fitness offers private racquetball lessons for every ability.

To schedule a lesson, contact:
sports@choicehf.com | 701.746.2790



ADULT RACQUETBALL LEAGUES

7 - 16
JUNE AUGUST
31 MAY
Reg. Deadline
Late Fee: \$10

REG. OPENS: MAY 3
NO CLASS: JULY 5

Location:
Choice Health & Fitness
Cost: \$16.09 / league
How to Register:



Keep your racquetball game up to speed this summer with our popular leagues. Playing in a league ensures a great way to find new playing partners at your skill level. Open to members and non-members.

*Members have priority. Non-members please contact the Sports & Rec Coordinator (701.746.2790) for pricing and availability.

DAYS	TIMES	DIVISION
MON	6:00 pm 7:00 pm 8:00 pm	A/B A/B C/D
TUES	5:30 pm 6:30 pm 7:30 pm	Open Open Doubles Open
WED	6:00 pm 7:00 pm 8:00 pm	C/D A/B Women (A)
THURS	5:30 pm 6:30 pm 7:30 pm	B/C Doubles B/C Women (B)

Bump. Set. Spike.

VOLLEYBALL

YOUTH VOLLEYBALL ACADEMY (GRADES 4 - 12)

7-16
JUNE AUGUST

31
MAY
Reg. Deadline
Late Fee: \$10

Location:
Choice Health & Fitness

REG. OPENS: APRIL 12 | NO CLASS: JULY 5

Designed to develop basic volleyball skills through development sessions and lessons with instructors.

HOW TO REGISTER:



NEW! ONLINE REGISTRATION

Available to members only*

Register online at choicehf.com



Registration Forms available for download online at choicehf.com or in-person at Choice Health & Fitness. Forms can be turned in at Customer Service Desk.

GRADES 4 - 5

DAYS	TIME	COST	REG. CODE
M & W	1:00 - 2:00 pm	\$180	VB2-3315
M only	1:00 - 2:00 pm	\$90	VB2-3325
W only	1:00 - 2:00 pm	\$90	VB2-3335

GRADES 6 - 8

DAYS	TIME	COST	REG. CODE
M & W	2:00 - 3:00 pm	\$180	VB2-3415
M only	2:00 - 3:00 pm	\$90	VB2-3425
W only	2:00 - 3:00 pm	\$90	VB2-3435

GRADES 9 - 12

DAYS	TIME	COST	REG. CODE
M & W	3:00 - 4:00 pm	\$180	VB2-3515
M only	3:00 - 4:00 pm	\$90	VB2-3525
W only	3:00 - 4:00 pm	\$90	VB2-3535

IMPROVE YOUR GAME

Looking to enhance your game on and off the court? See pages 40-43 for more information.



YOUTH VOLLEYBALL LEAGUES (GRADES 7 - 12)

7-19
JUNE JULY

31
MAY
Reg. Deadline
Late Fee: \$25

Location: Bringewatt Park (2205 24th Ave. S.)

How to Register:



REG. OPENS: MAY 3 | NO CLASS: JULY 5

Youth volleyball leagues! Schedules are available approximately a week before the first day of competition.

DAY	TIME	COST
MON	5:00 - 6:00 pm	\$100

ADULT SAND VOLLEYBALL LEAGUES

PRESENTED BY BUFFALO WILD WINGS

10-19
MAY JULY

26
APRIL
Reg. Deadline
Late Fee: \$25

Location: Bringewatt Park (2205 24th Ave. S.)

Game Times (PM):
6:10, 7:15, & 8:20

REG. OPENS: MARCH 29
NO LEAGUE: MAY 31, JULY 5-8

League Cost:

2-person: \$64 / team (+tax)

4-person: \$128 / team (+tax)

6-person: \$192 / team (+tax)

How to Register:



Get a group of friends together and form a team for adult sand volleyball leagues! Schedules are available approximately a week before the first day of competition.

DAYS / DIVISIONS

MON	TUES	WED	THUR
2 - Person	Coed 4 (A)	Coed 6 (A)	Coed 6 (B)
Men's 4	Coed 4 (B)	Coed 6 (B)	Coed 6 (C)
Women's 4	Women's 6	Coed 6 (C)	
Coed 6 (C)			



ADULT >>> SOCCER



ADULT COED SOCCER LEAGUE AGES 18+ YEARS

2 JUNE	28 JULY	17 MAY Reg. Deadline Late Fee: \$10
------------------	-------------------	---

Location: Bringewatt Park (2205 24th Ave. South)

How to Register:



Stay active this summer while enjoying some friendly competition. Get a group of friends together and register a team for the Adult coed soccer league.

DAY	GAME TIMES	COST
WED	6:30 pm & 7:30 pm	\$400 / team

ROSTERS: 7 vs 7 coed teams including goalies. Must have 3 females per team on the field at all times. For each female not on the field, teams must play down a player. 1 official will be provided per game.

ADULT >>> CORNHOLE



ADULT CORNHOLE LEAGUE (AGES 18+)

7 JUNE	30 AUGUST	31 MAY Reg. Deadline Late Fee: \$10
------------------	---------------------	---

REG. OPENS: MAY 3 | NO CLASS: JULY 5

Location: Bringewatt Park | 2205 24th Ave. South

How to Register:



Get outdoors and have some fun in Adult Cornhole League! Each team of 2 to 4 players will play at least 2 games per night (may vary depending on number of teams). Games will start every 30 minutes. Each game will be played to 21 points.

DAY	GAME TIMES	COST
MON	6:00 - 8:00 pm*	\$105 / team

* Start times may change based on number of teams.

Athletic Development CAMPS & PROGRAMS

Youth SPORTS TRAINING >>>

HOW TO REGISTER



NEW! ONLINE REGISTRATION

Available to members only*

Register online at choicehf.com



Registration Forms available for download online at choicehf.com or in-person at Choice Health & Fitness. Forms can be turned in at the Customer Service Desk.

CORE STRENGTH & AGILITY (AGES 8 - 14)

SESSION 1

7+3
JUNE JULY
31
MAY
Reg. Deadline
Late Fee: \$10

REG. OPENS: APRIL 12

SESSION 2

12-7
JULY AUGUST
5
JULY
Reg. Deadline
Late Fee: \$10

REG. OPENS: JUNE 7

SESSION 3

9+4
AUGUST SEPT.
2
AUG.
Reg. Deadline
Late Fee: \$10

REG. OPENS: JULY 5

Location: Choice Health & Fitness Personal Training Studio

Contact Info: Chris Langei | sportstraining@choicehf.com | 701.746.2790

Full-body strengthening using body weight, medicine balls, kettlebells, and cables to develop body awareness and proper technique. Class emphasizes quick feet, change of direction, and core exercises to develop agility, core strength, and body awareness.

ELEMENTARY | 8-11 YEARS

TRAINER	DAYS	TIME	SESS. 1 COST / CODE	SESS. 2 COST / CODE	SESS. 3 COST / CODE	MAX CAPACITY
Austin Jackson	M & W	11:15 am - 12:00 pm	\$96 / FT2-32051	\$96 / FT2-32052	\$96 / FT2-32053	8 Athletes
Erin Morris	M & W	3:45 - 4:30 pm	\$96 / FT2-32101	\$96 / FT2-32102	\$96 / FT2-32103	8 Athletes
Austin Nelson	T & TH	11:15 am - 12:00 pm	\$96 / FT2-32151	\$96 / FT2-32152	\$96 / FT2-32153	8 Athletes

MIDDLE SCHOOL | 12-14 YEARS

TRAINER	DAYS	TIME	SESS. 1 COST / CODE	SESS. 2 COST / CODE	SESS. 3 COST / CODE	MAX CAPACITY
Erin Morris	M & W	4:45 - 5:30 pm	\$96 / FT2-32501	\$96 / FT2-32502	\$96 / FT2-32503	8 Athletes
Erin Morris	SAT	10:00 - 10:45 am	\$36 / FT2-32701	\$36 / FT2-32702	\$36 / FT2-32703	8 Athletes



PROUD ACTIVITY GUIDE SPONSOR



GRAND FORKS GIRLS FASTPITCH

Register NOW at
www.GFFASTPITCH.com

OPEN GYMS BEGIN MARCH 2021
like us on facebook: @GFGirlsFastpitch
QUESTIONS? PLEASE EMAIL GFFASTPITCH@OUTLOOK.COM

2021 FEES:
8U RAILCATS: \$65
10U-18U: \$150

Scholarship opportunities available!
Visit our website for more details!

COME JOIN THE FUN!
All experience levels welcome!
Ages 5-18!

EVENING PRACTICES AND GAMES!

Sport Specific **TRAINING OPTIONS**



»» TAKE YOUR GAME TO THE *NEXT LEVEL.*

Improve your strength, movement, speed, endurance, and technique through our sport-specific training. Through individualized training tailored for your sport, Choice Health & Fitness' sports performance trainers will help you enhance your game!

STRENGTH AND CONDITIONING TRAINING GROUPS FORMING NOW!

PRESEASON / IN-SEASON BASEBALL TRAINING

Contact: Austin Jackson | ajackson.choicehf@gmail.com

SUMMER HOCKEY TRAINING

Contact: Chris Langei | clangei@choicehf.com

OFF-SEASON STRENGTH AND CONDITIONING

Basketball | Football | Soccer | Volleyball

Contact: Jared Connell | jconnell@choicehf.com

»» TRAINING OPTIONS

- 1** INDIVIDUAL TRAINING
(PRIVATE)
- 2** GROUP TRAINING
(SMALL GROUP / TEAM)

»» HOW TO REGISTER

Set-up a free needs analysis appointment with our sports performance training staff to determine the program(s) that best fits your goals.

Ph: 701.746.2790

Em: sportstraining@choicehf.com

INDIVIDUAL/GROUP TRAINING

TRAINING AVAILABLE FOR BOTH YOUTH & ADULTS*



SPORTS
TRAINING



BASEBALL/SOFTBALL

Improve your performance on the field!
Live pitching and batting and multiple hitting
and throwing drills.

Trainer: Austin Jackson



DANCE



Improve your dance performance with
strength and conditioning
created specifically for dancers.

Trainer: Veronica Lien



GOLF

Resistance training to improve your golf swing.
Unlock your body to drive the ball farther and straighter.

Trainer: Jared Connell



HOCKEY

Agility and strength training for hockey players
offered in and out of hockey season.

Trainer: Chris Langei



TRACK



Track training is offered to any track and field athlete
who wants to improve their technique.

Trainer: Lisa Rollefstad

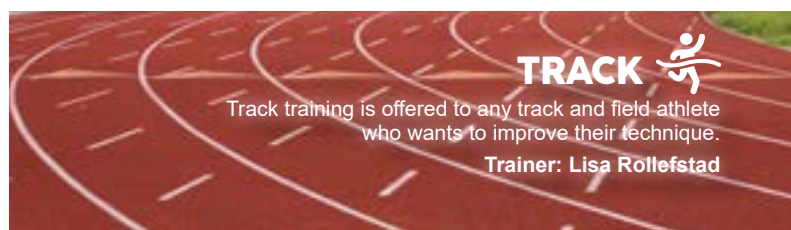


FIGURE SKATING

Improve your performance on the ice with a
strength and conditioning program
created specifically for skaters.

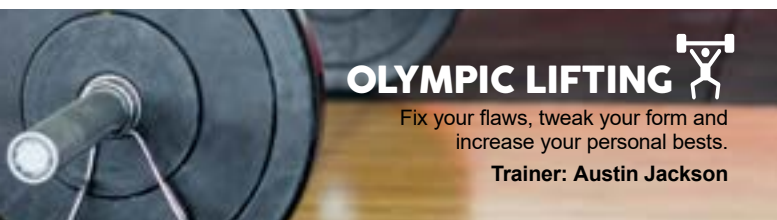
Trainer: Chris Langei



SWIMMING

Learn proper form and function to complement your swimming training.
Work on injury prevention, explosive exercise, and increasing body awareness.

Trainer: Jorid Dagfinrud



OLYMPIC LIFTING



Fix your flaws, tweak your form and
increase your personal bests.

Trainer: Austin Jackson

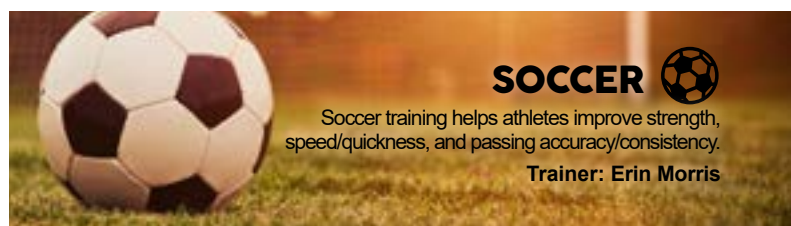


SOCCER



Soccer training helps athletes improve strength,
speed/quickness, and passing accuracy/consistency.

Trainer: Erin Morris



VOLLEYBALL

Improve your performance on the court
with strength and conditioning created
specifically for volleyball players.

Trainer: Austin Jackson



FOOTBALL

Improve your performance on the field
with strength and conditioning created
specifically for football players.

Trainer: Bryce Blair



LACROSSE



Improve your performance on the field
with strength and conditioning created
specifically for lacrosse players.

Trainer: Nadia Morneau





Make Summer Plans to

HIT THE COURSE



KING'S WALK GOLF COURSE



5301 S. COLUMBIA RD. | GRAND FORKS, ND | 701-787 KING (5464) | KINGSWALK.ORG

WORLD CLASS GOLF

Enjoy our natural prairie setting and immerse yourself in the same atmosphere found at the great links courses of Scotland and Ireland. Every round played at this Arnold Palmer designed course promises to be an exceptional one.

AMENITIES

- Driving Range
- Corporate Outings
- Golf Leagues
- Junior Golf Programs
- Stay & Play Packages
- Tournaments
- Private/Group Lessons
- Eagles Crest Bar & Grill

BECOME A MEMBER

**27 HOLES - 2 GOLF COURSES
1 GREAT MEMBERSHIP**

KING'S WALK MEMBERS ALSO PLAY AT
LINCOLN GOLF COURSE **ALL SEASON LONG!**
SEE PAGE 46 FOR INFO ON LINCOLN GOLF COURSE



2021 GOLF RATES

MEMBERSHIP RATES	RATES
Adult Season	\$1,025 +tax
Adult Plus Spouse Season Ticket	\$1,325 +tax
Family Season Ticket (children up to age 23)	\$1,495 +tax
Senior Non-Restricted (60+)	\$950 +tax
Senior Couple (both 60+)	\$1,025 +tax
Senior Restricted Season Ticket (60+) (Tee off anytime Mon.-Fri. & after Noon, Sat. & Sun.)	\$795 +tax
A.M. Players Season Ticket (Monday - Friday, before noon)	\$795 +tax
Intermediate Pass (19-25 yrs. old)	\$525 +tax
*Junior Pass (13-18 yrs. old)	\$225 +tax
*Youth Pass (9-12 yrs. old)	\$150 +tax

**some restrictions apply*

GREEN FEES	RATES
Primetime (Fri-Sun) 9 Holes / Twilight	\$26 +tax
Primetime (Fri-Sun) 18 Holes	\$45 +tax
Weekday 9 Holes	\$22 +tax
Weekday 18 Holes	\$36 +tax
Student / Active Military 18 Holes	\$32 +tax
Junior Green Fee 9 Holes	\$11.50 +tax
Junior Green Fee 18 Holes	\$19 +tax

PUNCH CARDS	RATES
*10 Round Punch Card 9-Holes / Twilight	\$200 +tax
*10 Round Punch Card 18 Holes	\$330 +tax

**Punch cards must be used by card holder only*

RANGE RATES	RATES
Buckets:	
Small (35 balls)	\$4
Medium (70 balls)	\$8
Large (105 balls)	\$11
X-Large (140 balls)	\$13
Single Range Pass (unlimited)	\$225 +tax
Couples Range Pass (2 in same family)	\$299 +tax
Family Range Pass	\$350 +tax
Junior Range Pass	\$90 +tax
\$25 off range passes for season ticket holders Load \$50 or more on a range E-Key & receive 20% bonus	

CARTS	RATES
9 Holes / Twilight (per seat)	\$11
18 Holes (per seat)	\$20
10 Ride Punch Card (9 Holes)	\$93.24 +tax
10 Ride Punch Card (18 Holes)	\$170 +tax
Single Season Cart Pass	\$675 +tax
Couples Season Cart Pass	\$850 +tax
Single Senior Season Cart Pass	\$595 +tax
Season Trail Fee	\$675 +tax

**Those requesting to "ride alone" will be charged an additional \$5 for 9 / \$10 for 18*

Scenic & Historic »» GOLF FOR THE WHOLE FAMILY

LINCOLN GOLF COURSE

250 ELKS DRIVE | GRAND FORKS, ND | 701-746-2788 | LINCOLNGOLF.ORG

FUN ON THE FAIRWAY

Established in 1909, Lincoln Golf Course is one of the oldest golf facilities in North Dakota. Lincoln Golf Course has become the ideal course for the whole family. It has everything needed for a great game of golf, perfect for players of all ages and skill levels. Become a member of Lincoln and be a part of history!

AMENITIES

- 9-Hole Golf Course
- Free 9-Hole Short Distance Kids Course
- Chipping Area
- Putting Green
- Clubhouse Pro shop
- Rental Clubs
- Pull & Power Carts
- Snacks & Beverages



2021 GOLF RATES

MEMBERSHIP RATES	RATES
Adult Season	\$395 +tax
Adult Plus Spouse Season Ticket	\$575 +tax
Family Season Ticket	\$650 +tax
Senior Season Ticket	\$380 +tax
Intermediate Pass 19-25 yrs. old	\$275 +tax
*Junior Pass 13-18 yrs. old	\$120 +tax
*Youth Pass 9-12 yrs. old	\$95 +tax

**some restrictions apply*

CARTS	RATES
9 Holes / 18 Holes	\$9.50 / \$16
10 Ride Punch Card (9 / 18 Holes)	\$85 / \$135 +tax
Single Season Cart Pass	\$375 +tax
Couples Season Cart Pass	\$525 +tax

PUNCH CARDS

10 Round Punch Card | 9 Holes
5 Round Punch Card | 18 Holes

RATES

\$155 +tax
\$115 +tax

GREEN FEES

Regular Green Fee | 18 Holes
9 Holes / Twilight Rate
Junior Green Fee | 18 Holes
Junior Green Fee | 9 Holes
College Student (*must show ID*)
College Student w/ Cart (*must show ID*)

RATES

\$26 +tax
\$18 +tax
\$12.50 +tax
\$8.50 +tax
\$14 +tax
\$21 +tax

MULLALLY Little Links

KIDS GOLF COURSE AT LINCOLN

FREE 9-HOLE, SHORT DISTANCE COURSE



PERFECT FOR GOLFERS
4-10 YEARS OLD

ALL HOLES RANGE
FROM 40-120 YARDS

Enjoy our FREE Kid's Course designed to encourage children to try the game of golf. This short-distance, 9-hole course is available to all children accompanied by a parent or guardian. Clubs are free for children and available for use at the Lincoln clubhouse.



Hit the Links ADULT GOLF

WOMEN'S GOLF LEAGUES

TUESDAY = LADIES' NIGHT AT THE GOLF COURSE

KING'S WALK LADIES' LEAGUE

COMPETITIVE GOLF LEAGUE
AT KING'S WALK GOLF COURSE

18
MAY

Opening League Night: Tuesday, May 18

Opening Night Activities:

4:45 - 5:30 pm | Registration & Refreshments

5:30 pm | Informational Meeting

6:00 pm | Golf

25-24
MAY AUG

Weekly Tee Times: 4:15 - 6:15 pm

Call ahead to schedule a tee time.

League Cost: \$40 (1-time fee)
+ weekly green fee for non-members

Contact: King's Walk | 701-787-5464

Every Tuesday will feature a different game along with on-course pin games. Make your own foursome or call or come out and we will find you a group to play with! Registration fee will go towards prizes and parties. Come out to relax, laugh, and play golf with the girls.

DETAILED LEAGUE INFO & REGISTRATION AVAILABLE
AT KINGSWALK.ORG OR (701) 787-5464

LINCOLN LADIES' LEAGUE

LAID-BACK GOLF LEAGUE
AT LINCOLN GOLF COURSE

25
MAY

First League Night:

Tuesday, May 25

5:45 pm shotgun start

1-24
JUNE AUG

Weekly Tee Times:

4:30 - 6:15 pm

Call ahead to schedule a tee time.

Weekly Green Fees: \$18 (+ \$1 / prizes)
(Green Fees Included for Members | Punch Cards are Available)

Contact: Lincoln Golf Course | (701) 747-2788

Swing into summer with Lincoln Ladies' League (formerly Hackers) every Tuesday night at Lincoln Golf Course! This league is for the more laid-back golfer looking for a no-pressure golf league. You and your girlfriends are invited to play 9 holes each week in a fun, relaxed format. No commitment necessary. Come when you can!

DETAILED LEAGUE INFO AVAILABLE AT
LINCOLNGOLF.ORG OR (701) 746-2788

DIVOT A TRY!

GROUP BEGINNER LESSONS WITH A TWIST AT KING'S WALK

1-10
JUNE AUGUST

When: Tuesday starting at 6:30 pm sharp | **Nightly Registration:** 6:00 - 6:25 pm

Cost: \$15 / golfer (per session) | **Contact:** King's Walk | (701) 787-5464

Escape to King's Walk every Tuesday night to join the ladies only, beginner golf club, Divot a Try. Each week participants will receive group lessons taught by pros along with a beverage ticket. Bring your girlfriends and come to King's Walk to "Divot a Try." No Clubs? No problem. Equipment provided for those without. No commitment necessary. Come when you can!

DETAILED DIVOT A TRY INFO AVAILABLE AT KINGSWALK.ORG OR (701) 787-5464



ADULT
GOLF

MEN'S GOLF LEAGUES

COMMIT TO PLAY MORE GOLF THIS SUMMER!

MONDAY MEN'S LEAGUE

9-HOLE LEAGUE
AT KING'S WALK

17-27
MAY SEPT

When: Mondays at 6:00 pm
Contact: King's Walk
kingswalk.org | (701) 787-5464

Check out the new Monday league format. 9-hole shotgun start. Payouts for top teams every week! Sign up as an individual or with a group. Groups will change each week. Full-time players **or** subs are welcome to register.

DETAILED LEAGUE INFO & REGISTRATION
AVAILABLE AT KINGSWALK.ORG OR (701) 787-5464

THURSDAY MEN'S LEAGUE

9-HOLE MATCH PLAY LEAGUE
AT KING'S WALK

13-23
MAY SEPT

When: Thursdays
Shotgun Start: 6:00 pm

Contact: King's Walk | kingswalk.org | (701) 787-5464

REGISTRATION OPEN TO FIRST 56 PLAYERS.
Subs are welcome to register as well.

DETAILED LEAGUE INFO & REGISTRATION
AVAILABLE AT KINGSWALK.ORG OR (701) 787-5464

WEDNESDAY SENIOR'S LEAGUE

18-HOLE LEAGUE
(NEW MEMBERS WELCOME ANYTIME!)
AT LINCOLN GOLF COURSE

19-8
MAY SEPT

When: Wednesday Mornings
Shotgun Start: 8:00 am
Contact: Lincoln Golf Course
lincolngolf.org | (701) 746-2788

DETAILED LEAGUE INFO AVAILABLE AT
LINCOLNGOLF.ORG OR (701) 746-2788

IMPROVE YOUR GAME

PRIVATE ADULT LESSONS | Available at King's Walk with one of our P.G.A. Golf Pros. Lessons are made by appointment.

PURCHASE LESSONS ONLINE AT KINGSWALK.ORG
TO SCHEDULE A LESSON, CALL: 701.787.5464

GOLF PRO: DAN TANNAHILL

1 Session	\$90
3 Sessions	\$250
4 Sessions	\$300

ASST. PRO: JAMES DELAURIER

1 Session	\$65
3 Sessions	\$150
4 Sessions	\$200

Learn a Lifelong Sport

YOUTH GOLF



WEE LINKSTERS

(BOYS & GIRLS | AGES 6 - 8 YRS)

9 - **28** **5**
JUNE JULY MAY
Reg. Deadline
Late Fee: \$10

Location: King's Walk Golf Course

Cost: \$65

How to Register:



8-week program designed to introduce youngsters to the game of golf. Young golfers will learn the basics of the full swing, short game, and how to take their skills to the course. Instructors focus on fun, safety, and golf etiquette while incorporating games and contests to keep the kids attention.

**Children must have completed kindergarten to register*

AGES	DAY	CODE	TIME
7 - 8 yrs.	Wednesday	426102-09	9:00 - 9:50 am
7 - 8 yrs.	Wednesday	426102-10	10:00 - 10:50 am
7 - 8 yrs.	Wednesday	426102-11	11:00 - 11:50 am
6 yrs.	Wednesday	426102-12	12:00 - 12:50 pm
6 - 8 yrs.	Wednesday	426102-01	1:00 - 1:50 pm

JUNIOR GOLF ACADEMY

(BOYS & GIRLS | AGES 9 - 15 YRS)

8 - **27** **5**
JUNE JULY MAY
Reg. Deadline
Late Fee: \$10

Location: King's Walk Golf Course

Cost: \$65

How to Register:



8-week program designed to advance skills of junior golfers who are of beginner to advanced levels. Boys and girls will learn the fundamentals of the golf swing, putting stroke, short game shots, and golf course etiquette. Class size limited. Clubs provided for those without equipment.

AGES	DAY	CODE	TIME
11 - 15 yrs.	Tuesday	426103-08	8:30 - 9:30 am
11 - 15 yrs.	Tuesday	426103-09	9:30 - 10:30 am
9 - 10 yrs.	Tuesday	426103-10	10:30 - 11:30 am
9 - 10 yrs.	Tuesday	426103-11	11:30 - 12:30 pm

JUNIOR PLAY DAY | FOR JUNIOR GOLF ACADEMY AND GIRL'S GOLF PROGRAM PARTICIPANTS

(BOYS & GIRLS | AGES 9 - 15 YRS)

17 - **15**
JUNE JULY

Location: Lincoln Golf Course

All participants in the Junior Golf Academy (Age 9+) and Girls Golf Program have the opportunity to play

on Thursday mornings in a team environment. Juniors will be grouped together with others of the same age and ability to play 5-9 holes.

Some supervision will be on site. *More info handed out at first class.

GIRL'S GOLF PROGRAM

(GIRLS | 9 YRS & UP)

8 - **27** **5**
JUNE JULY MAY
Reg. Deadline
Late Fee: \$10

Days: Tuesday

Time: 12:30 - 1:30 pm

Cost: \$65

Location: King's Walk Golf Course

Activity Code: 426104-01

How to Register:



Program designed specifically for girls! All abilities, from beginners to those wishing to compete on the high school golf teams, will have the opportunity to improve their golf skills in a relaxed and fun setting.

3-DAY KING'S WALK YOUTH GOLF CAMP

(BOYS & GIRLS | AGES 10 - 15 YRS)

1 - **3**
JUNE JUNE

Days: Tuesday - Thursday

Time: 8:00 am - 1:00 pm

Cost: \$150 per person

Location: King's Walk Golf Course

Activity Code: 426106-01

How to Register:



Camp Days Include: 9 holes of golf, 3-hours of PGA instruction, practice balls, lunch, gift, and prizes! Space limited! Individuals grouped by ability and age.

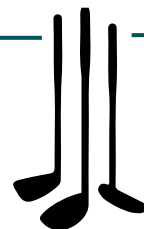
MINIMUM RECOMMENDED EQUIPMENT

FOR ALL GOLF CLASSES

- Fairway Wood
- Driver
- 2 Short Irons
- Putter
- Bag

Clubs should be proper length: i.e. the longest club in the set should be no longer than mid torso.

CLUBS WILL BE PROVIDED FOR THOSE WITHOUT EQUIPMENT



YOUTH GOLF MEMBERSHIPS

King's Walk Golf Course and Lincoln Golf Courses offer youth, junior, intermediate, and family season memberships. See pages 45-46 for membership rates and additional info.

KING'S WALK GOLF COURSE	RATES
*Junior Pass 13-18 years old	\$225
*Youth Pass 9-12 years old	\$150
*Junior Range Pass	\$90
LINCOLN GOLF COURSE	RATES
*Junior Pass 13-18 years old	\$120
*Youth Pass 9-12 years old	\$95

**some restrictions apply*



IMPROVE YOUR GAME

PRIVATE JUNIOR LESSONS | Available at King's Walk with one of our P.G.A. Golf Professionals. Lessons are made by appointment.

PURCHASE LESSONS ONLINE AT KINGSWALK.ORG

TO SCHEDULE A LESSON, CALL: **701.787.5464**

GOLF PRO: DAN TANNAHILL		GOLF ASST. PRO: JAMES DELAURIER	
1 Session	\$60	1 Session	\$45
3 Sessions	\$180	3 Sessions	\$120
Group of 2	\$40 / golfer	Group of 2	\$30 / golfer

PGA JUNIOR LEAGUE COMES TO GRAND FORKS!

(BOYS & GIRLS | AGES 7 - 13 YRS)

15-20
JUNE JULY

Matches: Tuesdays | 2:00 pm

Plus 4 Practices: Fridays | Cost: \$250

Location: Greater Grand Forks Courses

An awesome opportunity for kids! Join the PGA Junior League to play on all area courses in a fun, family-friendly environment. Participants will compete weekly on teams and wear jerseys! Learn and play golf in a fun setting with expert coaching from PGA professionals. No past golf experience necessary.



How to Register: Players must register online through the PGA Jr. League site: www.pgajrleague.com/sign-up



Inspiring **HEALTH & HAPPINESS**



✦ Naming rights for Choice Health & Fitness provided by Choice Financial Group.

FACILITY AMENITIES

CHOICE HEALTH & FITNESS IS 162,000 SQ/FT OF HEALTH & HAPPINESS FOR ALL AGES!

- 100+ Fitness Classes
- State-of-the-Art Fitness Equipment
- Weight Lifting & Extreme Fitness Areas
- 12 Tennis Courts (6 Indoor & 6 Outdoor)
- 2 Basketball Courts & 3 Racquetball Courts
- Indoor Walk / Run Track (7 laps = 1 mile)
- Kids Splash Park with 2 Waterslides
- Lap Pool & Lazy River Aquatics Area
- Cycling, Group Exercise & Yoga Studios
- Locker Rooms with Steam Rooms
- Childcare & Birthday Party Rooms
- Community Rooms
- Deli Counter & Pro Shop
- Lounge Area w/ Fireplace & Outdoor Patio
- Sports Training & Personal Trainers Available

ONE-STOP SHOP

AVAILABLE TO THE ENTIRE COMMUNITY

THE DELI COUNTER | Located in the lobby, the Deli Counter provides healthy and yummy options prepared fresh daily.

SANNY & JERRY RYAN PREVENTION CLINIC BY ALTRU
Offers services like Genetics; Wellness & Prevention; Health Assessments and Screenings; Chiropractic; Therapy; and more.

DAY SPA | Relax at Truyu Day Spa. Services offered include: Massage Therapy; HydraFacials; Body Treatments, including airbrush spray tanning; Manicures; and Pedicures.

USDA RESEARCH CENTER | We are the only facility within the USA to house a federally mandated national obesity research lab through the USDA Human Nutrition & Research Center.

Y WE'RE YOUR BEST CHOICE
2 GREAT FACILITIES
1 MEMBERSHIP



BECOME A MEMBER

MEMBERSHIP RATES	MONTHLY	3-MONTH TOTAL
Individual	\$58	\$174
Family*	\$82	\$246
Single Parent Family	\$73.80	\$221.40
Youth (thru age 18 or HS)	\$25	\$75
Student*, Senior, or Military Individual	\$49.30	\$147.90
Senior Couple	\$65.60	\$196.80
Military Family	\$73.80	\$221.40

MEMBERSHIP RATES ARE SUBJECT TO CHANGE

RATES LISTED ABOVE REQUIRE A 3-MONTH MINIMUM MEMBERSHIP

*Family: Couples residing in the same household and filing taxes jointly. Includes children through High School and attending College to age 24.

*Student: Full time student through age 24.

GUEST RATES

GUEST PASS	SINGLE YOUTH	SINGLE ADULT	FAMILY
Guest Rates	1-Day / \$8 3-Day / \$13 7-Day / \$27	1-Day / \$12 3-Day / \$20 7-Day / \$45	1-Day / \$30 3-Day / \$50 7-Day / \$83

HOURS OF OPERATION

HOURS ARE SUBJECT TO CHANGE.
CHECK CHOICEHF.COM FOR CURRENT HOURS.

SPRING/SUMMER HOURS	HOLIDAYS HOURS
MONDAY - FRIDAY 5:30 am - 9:00 pm	MEMORIAL DAY 8:00 am - 4:00 pm
SATURDAY 7:30 am - 6:00 pm	4TH OF JULY CLOSED
SUNDAY 9:00 am - 6:00 pm	LABOR DAY 8:00 am - 4:00 pm

CHILDCARE AVAILABLE

HOURS ARE SUBJECT TO CHANGE.
CHECK CHOICEHF.COM FOR CURRENT HOURS.

Rates & info listed on choicehf.com	SUMMER HOURS
MONDAY - THURSDAY	8:30 am - 1:30 pm 4:00 - 8:00 pm
FRIDAY	8:30 am - 1:30 pm No evening childcare on Friday
SATURDAY	8:00 am - 1:00 pm No evening childcare on Saturday
SUNDAY	CLOSED



CHOICE HEALTH & FITNESS CLASSES INCLUDED IN >>> MEMBERSHIP

ADULT FITNESS | CLASSES

YOGA CLASSES

GENTLE YOGA

Provides beginners a great intro, while allowing advanced students to focus on the foundations of yoga.

YOGA FLOW

Vinyasa-style class gets your body moving and calms the mind. Joins poses with inhales and exhales, creating steady internal rhythm.

SPORT YOGA

Balances the mind and body while strengthening and stretching muscles, working on mobility, and improving range of motion.

CHAIR YOGA

Yoga class that is practiced sitting in a chair for support, experiencing deep breathing and gentle stretching.

CYCLING CLASSES

LES MILLS RPM™

Ride to the rhythm of powerful music as you enjoy the calorie-burning benefits of interval training.

GROUP CYCLING

Enjoy this fun, “freestyle” cycling class lead by motivating music and instructors.

POWER CYCLING

One full hour of hills, sprints, and intervals to get the heart pumping!

STEP & DANCE CLASSES

ZUMBA®

A fun, different, and effective aerobic dance workout infusing Latin rhythms and easy to follow moves.

STRENGTH & TONING CLASSES

LES MILLS BODYPUMP™

The original barbell class that strengthens and tones your entire body.

AQUATICS CLASSES

WATER AEROBICS

Shallow water class provides a great cardio workout with strength training through water resistance.

SENIOR SPLASH

45-minute low impact water aerobics class for just for seniors.

GENTLEMAN'S WATER CLUB

45-minute low impact water aerobics class for just for men.



VIEW SCHEDULES ONLINE >>>

CHOICE HEALTH & FITNESS IS COMMITTED TO GETTING YOU MOVING! WE OFFER A VARIETY OF GROUP EXERCISE CLASSES INCLUDED RIGHT IN YOUR MEMBERSHIP, SO YOU'RE SURE TO FIND THE PERFECT CLASS AT YOUR FITNESS LEVEL AND AT A CONVENIENT TIME!

**VIEW WEEKLY SCHEDULES
ONLINE AT CHOICEHF.COM**



COMING SOON! >>> OUTDOOR GROUP FITNESS CLASSES AT CHOICE!

WORKOUT WHILE ENJOYING THE FRESH AIR WITH OUR OUTDOOR FITNESS CLASSES ON THE GROUNDS OF CHOICE HEALTH & FITNESS. THE OUTDOOR GROUPS FEATURE A VARIETY OF CLASS TYPES FROM YOGA TO CYCLING. CHECK CHOICEHF.ORG & FACEBOOK FOR UPDATES!





YOUTH FITNESS
& SENIOR
FITNESS



YOUTH FITNESS

***MUST BE MEMBER OF CHOICE HEALTH & FITNESS / YMCA**

HOW TO REGISTER



NEW! ONLINE REGISTRATION
Available to members only*
Register online at choicehf.com



Registration Forms available for download online at
choicehf.com or in-person at Choice Health & Fitness.
Forms can be turned in at Customer Service Desk.

SESSION 1

7-3
JUNE JULY
31 MAY

REG. OPENS: APRIL 12

SESSION 2

12-7
JULY AUGUST
5 JULY

REG. OPENS: JUNE 7

SESSION 3

9-4
AUGUST SEPT.
2 AUG.

REG. OPENS: JULY 5

HEALTHY & ACTIVE KIDS (8-14 YEARS)

Trainer: Erin Morris

Location: Choice Kids Zone

Max Class Capacity: 8

Healthy & Active Kids is a 60-minute class that introduces kids to health and fitness through fun and interactive activities focused on healthy lifestyle choices, nutrition, and movement patterns.

AGES	DAY	TIME	COST	SESS. 1 CODE	SESS. 2 CODE	SESS. 3 CODE
8 - 14	SAT	11:00 am - 12:00 pm	FREE	FT2-331201	FT2-331202	FT2-331203

FIT KIDS (5-14 YEARS)

Trainer: Erin Morris

Location: Choice Kids Zone

Max Class Capacity: 8

Fit Kids is a 30-minute fitness class that gets kids moving while teaching them body awareness and movement patterns through fun, non-competitive activities.

AGES	DAY	TIME	SESS. 1 COST/CODE	SESS. 2 COST/CODE	SESS. 3 COST/CODE
5 - 7	TUES	4:30 - 5:00 pm	\$48 / FT2-332201	\$48 / FT2-332202	\$48 / FT2-332203
5 - 7	SAT	9:25 - 9:55 am	\$36 / FT2-332601	\$48 / FT2-332602	\$48 / FT2-332603
8 - 14	TUES	5:05 - 5:35 pm	\$48 / FT2-333251	\$48 / FT2-333252	\$48 / FT2-333253
8 - 14	SAT	8:50 - 9:20 am	\$36 / FT2-333601	\$48 / FT2-333602	\$48 / FT2-333603

Please Note: There is a \$10 late fee for registrations accepted after the deadline listed in red above.

Choice Health & Fitness SENIOR FITNESS

Choice Health & Fitness is an exercise and social haven for our mature adult population. We have SilverSneakers®, a fun blend of physical activity, healthy lifestyle, and socially-oriented programs that allow older adults to take greater control of their health. Most senior programs are included in membership and offered throughout the year. Senior Individual and Couple Membership Rates are available, see page 53 for details.

SILVER SNEAKERS® AND SILVER & FIT

Choice Health & Fitness is a part of both SilverSneakers and Silver & Fit senior fitness programs. Check with your insurance provider to see if you qualify.

SENIOR FITNESS CLASSES INCLUDED IN MEMBERSHIP

CHAIR YOGA

Class practiced sitting in a chair for support, experiencing deep breathing and gentle stretching.

GENTLE YOGA

A 45-minute class of basic yoga poses. Great for beginners to advanced exercisers.

FUN & FIT

A variety of activities to improve quality of life.

SENIOR SPLASH

45-minute low impact water aerobics class.

YOGA FLOW

Vinyasa-style class is a great way to get the body moving and calm the mind.

SS CIRCUIT®

Standing circuit workout to increase cardio endurance.

GENTLEMAN'S WATER CLUB

45-minute low impact water aerobics class for men.



FEE BASED SENIOR FITNESS CLASSES HOW TO REGISTER



NEW! ONLINE REGISTRATION
Available to members only*
Register online at choicehf.com



Registration Forms available for download online at choicehf.com or in-person at Choice Health & Fitness. Forms can be turned in at the Customer Service Desk.

SESSION 1

7 - **3** **31**
JUNE JULY MAY
Reg. Deadline
Late Fee: \$10

REG. OPENS: APRIL 12

SESSION 2

12 - **7** **5**
JULY AUGUST JULY
Reg. Deadline
Late Fee: \$10

REG. OPENS: JUNE 7

SESSION 3

9 - **4** **2**
AUGUST SEPT. AUG.
Reg. Deadline
Late Fee: \$10

REG. OPENS: JULY 5

SENIOR INTRO TO STRENGTH & MOBILITY

Trainer: Erin Morris

Location: Personal Training Studio

Max Class Capacity: 8

45-Minute class uses basic movement patterns to help seniors build strength and gain mobility.

DAY	TIME	SESS. 1 COST / CODE	SESS. 2 COST / CODE	SESS. 3 COST / CODE
M & W	10:00 - 10:45 am	\$72 / FT2-80101	\$72 / FT2-80102	\$72 / FT2-80103

Choice Health & Fitness

PERSONAL TRAINING

PERSONALIZED FITNESS JUST FOR YOU!

We have 15+ trainers here to educate, motivate, and hold you accountable! Whether you're a beginner or an advanced exerciser, youth or senior, we have a trainer that's perfect for you!

Start with your FREE consultation (15 minutes) today.
This is a one-on-one goal-setting meeting with a personal trainer.
The personal trainer will guide you in the direction you need to meet your personal fitness goals.

FOR MORE INFORMATION, CALL: 701.746.2790
EMAIL: PERSONALTRAINING@CHOICEHF.COM

	TRAINING RATES 1 PERSON		TRAINING RATES 2 PEOPLE	
Session	Cert. Personal Trainer	Cert. Master Trainer	Cert. Personal Trainer	Cert. Master Trainer
15 min	\$16.50	\$16.50	\$13.00	\$13.00
30 min	\$27.50	\$33.00	\$21.00	\$27.50
45 min	\$38.50	\$44.00	\$33.00	\$38.50
60 min	\$49.50	\$55.00	\$44.00	\$49.50

	TRAINING RATES 3-4 PEOPLE		TRAINING RATES 5+ PEOPLE
Session	Cert. Personal Trainer	Cert. Master Trainer	Cert. Personal Trainer / Cert. Master Trainer
15 min	\$11.00	\$11.00	\$5.00
30 min	\$19.00	\$22.00	\$9.00
45 min	\$27.50	\$33.00	\$12.00
60 min	\$38.50	\$44.00	\$15.00

OTHER SERVICES	MEMBERS	NON-MEMBERS
Body Comp / Girth & Weight	\$15.00	\$20.00
Submax Vo ₂ / Posture / Gait	\$15.00	\$20.00
Muscle Endurance Battery	\$30.00	\$40.00
Muscular Strength Testing	\$30.00	\$40.00
Flexibility & Vertical	Can be added at no charge to any of the above	



MEET OUR >>> TRAINERS



PERSONAL
TRAINING

TAMMY KOPPANG MASTER TRAINER

701.215.2877
TKOPPANG@CHOICEHF.COM



WE OFFER VIRTUAL TRAINING!

TRAIN FROM THE COMFORT OF YOUR HOME
THROUGH VIRTUAL TRAINING SESSIONS
WITH A CHOICE PERSONAL TRAINER

VERONICA LIEN MASTER TRAINER

701.269.9451
VLIEN.CHOICEHF@GMAIL.COM



JARED CONNELL MASTER TRAINER

701.400.7684
JCONNELL@CHOICEHF.COM



JEN OAKLAND PERSONAL TRAINER

701.212.2495
JOAKLAND.CHOICEHF@GMAIL.COM



CHRIS LANGEI MASTER TRAINER

218.779.7705
CLANGEI@CHOICEHF.COM



ERIN MORRIS PERSONAL TRAINER

701.381.8311
ENELSON.CHOICEHF@GMAIL.COM



JORID DAGFINRUD MASTER TRAINER

701.740.0206
JDAGFINRUD.CHOICE@GMAIL.COM



NADIA MORNEAU PERSONAL TRAINER

NMORNEAU.CHOICEHF@GMAIL.COM



LISA ROLLEFSTAD MASTER TRAINER

701.746.2790 EXT. 204
LROLLEFSTAD@CHOICEHF.COM



AMANDA DUFNER PERSONAL TRAINER

ADUFNER.CHOICEHF@GMAIL.COM



AUSTIN JACKSON MASTER TRAINER

AJACKSON.CHOICEHF@GMAIL.COM



BRYCE BLAIR PERSONAL TRAINER

B.BLAIR.CHOICEHF@GMAIL.COM



MICHELLE CREMERS MASTER TRAINER

COACHMCLL@YAHOO.COM

DAN HOFFMEYER PERSONAL TRAINER

D.HOFFMEYER.CHOICEHF@GMAIL.COM



NOT SURE WHERE TO START?

LET US ASSIST YOU IN FINDING THE PERFECT
TRAINER TO HELP REACH YOUR GOALS!

701.746.2790 | PERSONALTRAINING@CHOICEHF.COM



GROUP
TRAINING

Choice Health & Fitness GROUP TRAINING

* MUST BE A MEMBER OF CHOICE HEALTH & FITNESS OR YMCA TO REGISTER



Adult GROUP TRAINING >>>

HOW TO REGISTER



NEW! ONLINE REGISTRATION

Available to members only*

Register online at choicehf.com



Registration Forms available for download online at choicehf.com or in-person at Choice Health & Fitness. Forms can be turned in at the Customer Service Desk.

SESSION 1

7 JUNE	3 JULY	31 MAY Reg. Deadline Late Fee: \$10
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REG. OPENS: APRIL 12

SESSION 2

12 JULY	7 AUGUST	5 JULY Reg. Deadline Late Fee: \$10
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REG. OPENS: JUNE 7

SESSION 3

9 AUGUST	4 SEPT.	2 AUG. Reg. Deadline Late Fee: \$10
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REG. OPENS: JULY 5

ULTIMATE CARDIO

Trainer: Chris Langei

Location: PT Studio

Max Class Capacity: 8

Ultimate Cardio is a 30-minute high intensity cardio workout including: a 5-minute warm-up, 20-minute interval training, and 5-minutes of abdominal and stretching exercises.

DAY	TIME	SESS. 1 COST / CODE	SESS. 2 COST / CODE	SESS. 3 COST / CODE
M & F	5:45 - 6:15 am	\$72 / FT2-41101	\$72 / FT2-41102	\$72 / FT2-41103

INFERNO BOOT CAMP

Trainer: Erin Morris

Location: ICON

Max Class Capacity: 10

Inferno Boot Camp is a 60-minute high intensity full-body workout that utilizes a wide variety of equipment.

DAY	TIME	SESS. 1 COST / CODE	SESS. 2 COST / CODE	SESS. 3 COST / CODE
M & W	5:45 - 6:45 pm	\$144 / FT2-43101	\$144 / FT2-43102	\$144 / FT2-43103

INTRO TO STRENGTH & MOBILITY

Trainer: Erin Morris

Location: Personal Training Studio

Max Class Capacity: 8

45-Minute class uses basic movement patterns to build strength and gain mobility.

DAY	TIME	SESS. 1 COST / CODE	SESS. 2 COST / CODE	SESS. 3 COST / CODE
M & W	9:15 - 10:00 am	\$96 / FT2-40101	\$96 / FT2-40102	\$96 / FT2-40103

GROUP CROSS TRAINING

Trainer: Erin Morris

Location: Personal Training Studio

Max Class Capacity: 8

45-Minute full-body TRX suspension training class designed to improve technique, mobility, strength, and power.

DAY	TIME	SESS. 1 COST / CODE	SESS. 2 COST / CODE	SESS. 3 COST / CODE
M & W	11:00 - 11:45 am	\$96 / FT2-45101	\$96 / FT2-45102	\$96 / FT2-45103



ADULT STRENGTH TRAINING GROUPS FORMING NOW!

Having someone to workout alongside you can push you a little harder than you might on your own. Get variety, fun, motivation, and consistency. Contact Austin Jackson or Bryce Blair for more information or to form a group.

AUSTIN JACKSON (AJACKSON.CHOICEHF@GMAIL.COM)

BRYCE BLAIR (BBLAIR.CHOICEHF@GMAIL.COM)

SUMMER SHRED BOOT CAMP

27-17
APRIL JUNE

Trainer Veronica Lien leads this 8-week challenge for those looking to get in shape & tone up. Participants commit to weekly training that includes an intense group training session each week & individual daily orders.

VISIT CHOICEHF.COM FOR PROGRAM DETAILS!

POWER CORE PILATES

Trainer: Veronica Lien

Location: Pilates Area

Max Class Capacity: 4

Led by trainer Veronica Lien, Power Core Pilates provides a great workout by combining the fundamentals of Pilates with strength and interval training.

DAY	TIME	SESS. 1 COST / CODE	SESS. 2 COST / CODE	SESS. 3 COST / CODE
M & W	8:45 - 9:30 am	\$96 / FT2-42201	\$96 / FT2-42202	\$96 / FT2-42203
W & F	6:00 - 6:30 am	\$72 / FT2-42301	\$72 / FT2-42302	\$72 / FT2-42303

REMEDIAL PT TEST TRAINING

Trainer: Nadia Morneau

Location: ICON

Max Class Capacity: 10

Do you feel confident you could pass a military PT test? This 30-minute workout focuses on exercises that support improvement in pullups, pushups, sit-ups & running.

DAY	TIME	SESS. 1 COST / CODE	SESS. 2 COST / CODE	SESS. 3 COST / CODE
M & W	6:30 - 7:00 pm	\$72 / FT2-44101	\$72 / FT2-44102	\$72 / FT2-44103

FITNESS BOXING

Trainer: Nadia Morneau

Location: ICON (M & W) / Personal Training Studio (T & TH)

Max Class Capacity: 8

Trainer Nadia Morneau leads a 45-minute full-body workout fusing boxing techniques to improve cardiovascular endurance, create muscle tone, and improve coordination.

DAY	TIME	SESS. 1 COST / CODE	SESS. 2 COST / CODE	SESS. 3 COST / CODE
M & W	6:45 - 7:30 pm	\$96 / FT2-45101	\$96 / FT2-45102	\$96 / FT2-45103
T & TH	5:45 - 6:30 am	\$96 / FT2-45201	\$96 / FT2-45202	\$96 / FT2-45203

RUCKING

Trainer: Nadia Morneau

Location: ICON

Max Class Capacity: 16

45-minute walking/hiking class while wearing a weighted vest or backpack with added weight to increase strength and endurance. Participants should bring their own backpack.

DAY	TIME	SESS. 1 COST / CODE	SESS. 2 COST / CODE	SESS. 3 COST / CODE
MON	7:00 - 7:45 pm	\$60 / FT2-43811	\$60 / FT2-43812	\$60 / FT2-43813
WED	6:00 - 6:45 am	\$60 / FT2-43841	\$60 / FT2-43842	\$60 / FT2-43843



PRIVATE CLUBS
& PROGRAMS

Private CLUBS & PROGRAMS

GRAND CITIES LACROSSE

(BOYS AND GIRLS BORN BEFORE 8/31/01)

Come and enjoy a fun and competitive sport. The GCLA is a family focused association looking to provide learning, athletics, and a teamwork atmosphere for youth of the region to grow and excel.

Season runs from mid March - mid June, 2021.

8U Div. | 1-2 grade

10U Div. | 3-4 grade

12U Div. | 5-6 grade

14U Div. | 7-8 grade

16U Div. | 9-10 grade

Varsity Div. | 9-12

When: Weekday Evenings | 4:00 pm - 7:30 pm (Depending on team)

Location: South Middle School | 1999 47th Ave. S.

Registration: www.grandcitieslacrosse.org

Contact: grand.cities.lacrosse@gmail.com

Grand Cities Lacrosse Association

GRAND FORKS PUBLIC LIBRARY

SUMMER READING PROGRAM (AGES 12 & UNDER)

1 + 31
JUNE JULY

The virtual Summer Reading Program includes reading challenges, activity sheets, and reading logs that can be turned in for prizes. Additionally, there will be several events and celebrations throughout the summer.

Theme: Tails & Tales

Sign Up Begins: Begins June 1st at www.gflibrary.com

Cost: FREE! | **Contact:** childrens@gflibrary.com

THE LITTLE RED READING BUS

Honk, honk! The little red reading bus is coming to the streets of Grand Forks this summer! This free "library on wheels" will be visiting parks, allowing children to check books in and out from June to August.

Follow the Little Red Reading Bus at: readeveryday.org

LittleRedReadingBus

GFRedReadingBus

BORDER BLADES FIGURE SKATING CLUB SUMMER PROGRAMS

Learn to Skate: Great for the skater looking to improve his or her skills.

Border Blades Aspire: An easy way to transition from Learn to Skate, to figure skating. Look at it as an intro to Border Blades FSC in a group setting!

Private Lessons: Join Border Blades, purchase ice time and set up lessons with one of our professional coaches.

Synchronized Skating: Please contact Synchro Coordinators at synchro@borderblades.org if you are interested in joining our synchronized skating teams.

Registration: www.borderblades.org

Contact: Adam Helgeson | president@borderblades.org

Border Blades Figure Skating Club

RED RIVER BMX RACING CLUB

25-25
MAY SEPT.

Weekly Racing Sanctioned by USA BMX

(Start date is variable depending on weather)

Practice: Monday 6:00-8:00 | \$5/Rider

Racing: Tues/Thurs (May-Aug) | Saturday (Sept/Oct)

Registration: 6:00-7:00 pm | \$10/ rider, Balance Bike/Free

Fee: \$30-\$60 | **Location:** Annual American Bicycle Association

Contact: Dave Kurtz Track Operator (218) 791 2775

Please follow us on social media (Red River BMX)

or www.usabmx.com/tracks/1630 for updates on our racing season.

GRAND FORKS GIRLS FASTPITCH

Grand Forks Girls Fastpitch is a youth softball organization created to provide competitive fast pitch opportunities to girls in Grand Forks, East Grand Forks, and surrounding areas. Our program offers opportunities for girls (ages 5-18) at any experience level.

Join us for a fun season of softball! Teams forming soon!

2021 Season: May - July | www.gffastpitch.com

Open Gyms (starting in March | Date TBD)

Cost: \$65 (8U) | \$150 (10U & up + additional \$100 fee for travel team)

Location: Gambucci Arena | 1122 7th Ave S, Grand Forks, ND 58201

Contact: gffastpitch@outlook.com

GREATER GRAND FORKS YOUTH FOOTBALL LEAGUE

GGFYF follows the USA Football Development Model. In this model, we offer the following levels of football in the Greater Grand Forks Area.

FLAG FOOTBALL | K-6TH GRADE (BOYS & GIRLS)

Cost: \$100 (Early Reg. Discount \$25) | Discount Deadline: July 1, 2021

Practice Begins: August 24, 2021

How to Register: gfyouthfootball.com (all players must register online)

ROOKIE TACKLE FOOTBALL | 3RD-4TH GRADE (BOYS & GIRLS)

A modified version of football that is heavy on skill development. Players are allowed to play all positions.

Cost: \$250 (Early Reg. Discount \$75) | Discount Deadline: July 1, 2021

Practice Begins: August 9, 2021

How to Register: gfyouthfootball.com (all players must register online)

TACKLE FOOTBALL | 5TH & 6TH GRADE (BOYS & GIRLS)

Cost: \$250 (Early Reg. Discount \$75) | Discount Deadline: July 1, 2021

Practice Begins: August 9, 2021

How to Register: gfyouthfootball.com (all players must register online)

Contact: ggfyfdirector@gmail.com

TWINS YOUTH CLINIC

7
AUGUST

Location: Apollo Sports Complex / Kraft Field

No Registration Required - Free!

10 yrs & under: 9:00 am | **11 yrs & over:** 10:30 am

Hands-on instruction for boys and girls ages 6-13.

Kids should bring a glove. All other equipment will be provided.

In case of inclement weather, clinic will be held at Purpur Arena.

GREATER GRAND FORKS SOCCER CLUB

The Greater Grand Forks Soccer Club (GGFSC) is a nonprofit, community-based youth soccer program offering the children of Grand Forks an opportunity to participate in high-quality recreational and competitive soccer programs.

Visit www.ggfsc.com for more program details and to register online.

COMPETITIVE TRAVELING LEAGUE (8-18 YRS OLD):

- Competitive team practice and play
- Travel to regional tournaments
- Runs weeknights and various weekends from April - July

SUMMER RECREATIONAL SOCCER (5-10 YRS OLD):

- Recreational group instruction and play with local tournament opportunities
- Runs weeknights during June and July

25-27 GREATER GF SOCCER TOURNAMENT

Open to competitive teams from Grand Forks and surrounding regions

GGFSC RECREATIONAL SOCCER (SPRING)

- Recreational team practice & play | Grades: Pre-K through 6th
- Registration deadline: April 2
- Runs April 12 - May 27, 2021 | Weeknights & Saturdays

GGFSC RECREATIONAL SOCCER (FALL)

- Recreational team practice & play | Grades: Pre-K through 6th
- Runs August - October 2021 | Weeknights & Saturdays

STARS ATHLETICS VOLLEYBALL (GRADES 2 - 9)

Volleyball camp for girls grades 2-9. Learn volleyball skills and fundamentals in a fun environment.

Date: July 2021 | **Cost:** \$60.00

For more info: starsathletics@hotmail.com | (218) 791-6203

DISC GOLF LEAGUES

Leagues all summer long for every age and skill level at Lincoln Dr. Park. All tournaments must be scheduled through the Park District.

Leagues: Free & Open to Public


Grand Forks Disc Golf Association (GFDGA): A non-profit organization created for the more serious disc golf players. Score cards are available every week and scores are posted on the board at Lincoln Dr. Park and on the website, discgolfnd.pbworks.com.

When: Wednesdays 6:00 pm | Sundays 6:00 pm

Start date is weather dependent -will be posted on Facebook.

Cost: \$25 (annual membership)

Contact: Travis Hagen, President | (701) 740-1544

 **Grand Forks Disc Golf Association**

SPECIAL OLYMPICS NORTH DAKOTA

Year-round sports training and athletic competition in a variety of sports for children and adults with intellectual disabilities, giving them continuing opportunities to develop physical fitness, demonstrate courage, experience joy and participate in a sharing of gifts, skills and friendships with their families, other Special Olympics athletes and the community.

Contact: area5sond@hotmail.com | www.specialolympicsgf.org

TRACK: Tues & Wed, 6:30 - 7:30pm @ EGF Senior High School

BOCCE: Tues & Wed, 6:30 - 7:30pm @ EGF Senior High School Summer Games State tournament TBD.

SOCCER: Begins mid-July and runs through state tournament in mid-September in Grand Forks

 **Special Olympics Grand Forks**

EASTSIDE TIME TRIAL SERIES

Fine tune your biking in preparation for triathlons with time trials. 4 dates have been set for 12.5 mile trials this summer. Come once or all four sessions.

Cost: \$5/Trial & \$15/Series

When: Every other Tuesday in June and July

Time: 6:30 pm Registration | 7:00 pm Start (1st Rider)

Contact Tim Sproul for details | (651)-285-4729

   @GrandForksParks

TRAP SHOOTING LEAGUE - YOUTH

19-18
MAY AUGUST

When: Mondays | 6:00pm - 8:00pm

Location: GF Gun Club, 6950 Gateway Dr.

2 mi. West of G.F. on Hwy 2

Safety Meeting: May 31, 6:30pm | GF Gun Club

Cost: \$106.00 (Club Membership & Targets)

Shells sales available at the club. (20 gauge and 12 gauge only)

Contact: Jim Shulind 218-779-9032 | Jon Secord 701-218-2055
gfgunclub@gmail.com

Weekly trap shooting league for beginners to the most experienced shooters. Ages 10-18 years. Use your own shotgun or the club can provide a shotgun for your use.

 **GFGunClub**

TRAP SHOOTING LEAGUE

19-18
MAY AUGUST

When: May: Wed & Thurs | 5:30-9:00pm

June-August: Tues & Wed | 5:30-9:00pm

Location: GF Gun Club, 6950 Gateway Dr.

2 mi. West of G.F. on Hwy 2

Registration: At GF Gun Club

Cost: \$106.00 League Fee / \$40.00 Membership (Adults only)

Shells sales available at the club. (20 gauge and 12 gauge only)

Trap Doubles/Trap Handicap/Skeet League; inquire at the club for details. **Contact:** gfgunclub@gmail.com

Weekly trap shooting league for men, women and youth; for both beginners and experienced shooters. 12-week league with a handicap format, start your own team of minimum of 5 members or we will have teams we can place you on.

 **GFGunClub**


GF SOFTBALL ASSOCIATION NOW HIRING UMPIRES!

- Spring/Summer Season (May - August) | Fall Season (Sept. - Oct.)
- League Games 4 Nights per Week (option to umpire 1 to 4 nights / week)
- Weekend Tournaments optional to umpire
- Fun and Friendly Atmosphere
- Earn Extra Money | Competitive Pay, \$25.00 per game
- Annual Umpire Registration Fee Covered

For more information, contact:

Gerald "Shorty" Payne | 701-594-9528/218-779-2546

paynegerald516@centurylink.net

 **Grand Forks Softball Association**

SAFE KIDS DON'T WAIT - HYDRATE!

20 Minutes of Activity =
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Young athletes **MUST** bring a water bottle to each practice & game.

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More info at SafeKidsGF.com
or by calling (701) 780-1489.

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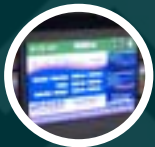
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- Primary Info Resource for 75% of Program Users*
- Delivered to 57,000 households throughout Greater Grand Forks annually



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- Choice Health & Fitness



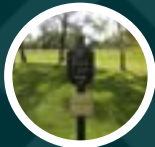
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- Ulland Complex, Apollo Complex, and Scheels Sports Complex



HOCKEY DISPLAY BOARDS

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*Research collected by a 2015/16 independent survey by Heller & Heller Consulting



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