che constant constant

Nore Fun in the Torks RE REATION | EVENTS | PARKS | FACILITIES

Right Care, Right Here

Getting you back to the things you love.

Our team of orthopedic and sports medicine specialists provide comprehensive care close to home.

altru.org/ortho







WELCOME TO THE 2023-24 FALL & WINTER GUIDE!

A How-To, Go-to Fuide for Fall and Winter Fun in Grand Forks

The Grand Forks Park District is packed full of amazing parks, recreation programs/leagues, fun public events, and life-enhancing facilities! For the past 118 years, we have been honored to enrich life in Grand Forks through healthy, affordable, and accessible programs for all ages and abilities. With the hard work of our elected board and staff members, and the vision of our supporting community, we are also thrilled to operate the four awesome entities listed above and maintain over 850 acres of outdoor fun listed below.



DUTDOORS



- 10 outdoor ice skating areas
- 6 indoor ice rinks in 3 ice arenas
- 6 indoor tennis courts
- 4 exercise suites for cycling, fitness, yoga
- **3 racquetball courts**
- 2 community rooms for events/classes
- 2 indoor basketball courts

- - 2 indoor poolside party rooms
 - cross-country ski trail (Greenway)
 - 1 sledding hill (Lincoln Dr. Park)
- 1 indoor aquatics waterpark (2 slides, zero depth entry pool, & splash park)
- 1 three-lane lap pool



1 large indoor walk/run track (7x / 1 mile)



1 indoor playground with party room



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 and Weather Cancellations

info line: (701) 787-3499

담 💽 🞯 @GrandForksParks

Line Thursday | 8:40 am - 1440 AM The Fan Wednesday | 4:45 pm - 107.9 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 Russell Kraft, Commissioner rkraft@gfparks.org Jordan McIntyre, Commissioner jmcintyre@gfparks.org

PARK DISTRICT MANAGEMENT

George Hellyer, Executive Director Jeff Lancaster, Director of Finance & Administration Jill Nelson, Director of Operations & Community Relations Mike Orr, Director of Facilities & Programs Dave Clark, KW Golf Course Superintendent Wes Colborn, Facilities Manager Steve Hell, Parks Operations Manager Chris Langei, CHF Fitness Manager Sean Lee, Forestry Operations Manager Lynne Roche, Recreation & Special Events Manager Lisa Rollefstad, CHF Sports & Recreation Manager Dan Tannahill, KW & Lincoln Golf Course Golf Professional Catie Trontvet, Marketing Manager

DESIGNATED ADA COORDINATOR Jenelle Swenberger, Project Administrator

GF PARKS & REC FOUNDATION

George Hellyer, Executive Director Jill Nelson, Development & Operations





caitlin Dahl



PHOTO CREDITS: Dave Bruner, Shawna Noel, Lauren Simonson



2



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.



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.

Location: Blue Line Club Arena Cost: \$85 / Resident | \$125 / Non-Resident

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.



PROGRAM CODES:

All CF Park District and most Choice Health & Fitness 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.

Join Our Team

The perfect fall/winter job is waiting for you! Have fun at work with our seasonal positions. Apply at gfparks.org/seasonal-employment

- Figure Skating Instructors
- 3 Warming House Attendants
- 🔚 Arena Workers/Zamboni Drivers
- FS Community Center Attendants
- 雀 Golf Course Maintenance









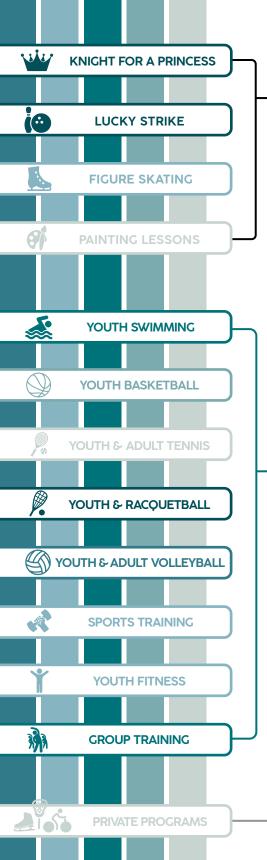
VAALER

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HOW TO REGISTER
YOUTH ONLY PROGRAMS
ADULT ONLY PROGRAMS
EVENTS
GOLF COURSES
FITNESS FACILITY/PROGRAMS

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Register for Winter Fun



Three Ways to Register **GF PARKS RECREATION PROGRAMS**



ONLINE

IS MOBILE

FRIENDLY

REGISTRATION





GRAND FORKS PARK DISTRICT MAIN OFFICE

12 11



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

@ EMAIL GFPARKS@GFPARKS.ORG

Three Ways to Register CHOICE HEALTH & FITNESS PROGRAMS



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Private Programs PROGRAMS ARE NOT RUN BY GF PARK DISTRICT



ONLINE REGISTRATION

IS OPEN TO CHOICE **HEALTH & FITNESS** MEMBERS ONLY.

> PLEASE FOLLOW REGISTRATION INSTRUCTIONS LISTED ON THE PRIVATE CLUBS & PROGRAMS PAGES (PG. 50-51) OR ON EACH ORGANIZATION'S WEBSITE.



REFUND POLICY:

No refunds will be given once the program has started. 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. 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 NOTE: YOU CANNOT REGISTER FOR KNICHT FOR A PRINCESS/LUCKY STRIKE BOWLING ON THIS FORM. TO REGISTER, VISIT: GFPARKS.ORG 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.

ONE CHILD PER FORM PLEASE

CHILD'S FIRST AND LAST NAME		applicable to GF Pa	is registration form is only rk District Youth Programs.
GENDER BIRTHDATE (MM - DD - YYYY)			be used to sign-up for Fitness Programming.
PARENT/GUARDIAN NAME	CIRCLE CHILD'S T-SHIRT	SIZE YL YXL AS	AM AL AXL
ADDRESS	CITY	STATE	ZIP CODE
DAYTIME PHONE # HOME	PHONE #	CELL PHONE #	
For program and weather updates, please EMAI provide your contact info for email alerts.	LADDRESS		
DOES PARTICIPANT HAVE ANY SPECIAL NEEDS WE SHOUL	D BE AWARE OF (DIABETES, CAF	R-POOLING, ASTHMA, ETC)?)
PARK (if applicable)ACTIVITY CODE (li	sted in Activity Guide)	FEE	PROGRAM NAME
00000	0-00		
00000	0-00		
00000	0-00		
YES, I WOULD LIKE TO DONATE \$5 TO HELP A	LOCAL CHILD STAY ACTIVE T	HIS SUMMER. PLEASE	ADD \$5 TO YOUR TOTAL.
TYPE OF PAYMENT (please circle one): CASH CH	ECK VISA MASTERCAR	D DISCOVER AM	EX AMOUNT ENCLOSED:
CREDIT CARD #:	EXP. DATE:	/ CVV	
SIGNATURE OF CARDHOLDER:			
PLEASE MAKE CHE MAIL REGISTRATION FORM & FEE TO: GRAND FORKS	CKS PAYABLE TO: GRAND FOR PARK DISTRICT, ATTN: REGISTR		AND FORKS, ND 58208-2429





vouth recreation REQUEST FORM

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 OUESTIONS

- □ YES 1. Are you a Grand Forks resident?
- 2. Do you qualify for the reduced lunch program in Grand Forks Public Schools? T YES 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

(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:	

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:

PART 3: SUBMIT YOUR REOUEST

Submit Scholarship Request Form to 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 | snordin@choicehf.com).

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
	UNANGED

- \$
- \$ \$

- PARK DISTRICT (50% Off) Baseball
 - Just for Fun
 - Outdoor Pool Pass (Season Pass)
 - · Tennis in the Parks
- Girls Golf Program Only) Ice Skating Lessons

• Golf (Wee Linksters;

Jr. Golf Academy; &

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)
- Softball

- 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)

Date: ____

Birthdate of Child: / /

Youth Recreation ŠCHOLARSHIPS

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).



- 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 eliaible for a youth scholarship each s GF resident, each child (under 18 yrs.) is eligible for a youth scholarship each season.

HOW TO REQUEST A SCHOLARSHIP:

FILL OUT FORM: Simply print off the form at gfparksfoundation.org or pick-up the form at our Main Office or Choice Health & Fitness

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 | info@choicehf.com)



REGISTER FOR PARK DISTRICT PROGRAMS:

Outdoor Pool Pass • Baseball • Golf • Ice Skatina • 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?



a Youth Scholarship **EVERY 3 MONTHS!**

Fall (Sept.- Nov.)

🗹 Summer (June-Aug.) 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).

HELP US PUT BIG Sandon Sandon

<u>Gfparks</u> FOUNDATION</u>

1060 47TH AVE. S. | GRAND FORKS, ND | 701-746-2750 | GFPARKSFOUNDATION.ORG

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, local families, friends, and supporters over the last 10+ years, the dream to build a Veterans Memorial Park has come true! With construction finished over the summer of 2021, the park was dedicated on September 11, 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 raised the funds needed to build the memorial. Construction was completed in the Spring of 2023 and a dedication ceremony was held on May 18, 2023.

Interested in donating to the ongoing maintenance and upkeep of the Northern Valley Law Enforcement Memorial? Visit gfparksfoundation.org

GIVING HEARTS DAY -



On February 8, 2024, go to GIVINGHEARTSDAY.ORG and donate \$25 to help a child. Your gift will be matched through Dakota Medical Foundation's 24-hour online fundraising campaign, helping us support families in need.

NEED A LITTLE REMINDER? Send an email to foundation@gfparks.org and we'll make sure to remind you when Giving Hearts Day comes around.

RENOVATION OF 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.

- RECONSTRUCTION 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.

@ KANNOWSKI PARK

Feb. 8th, 2024

In September 2018, Phase 1 of the relocated, updated skatepark was completed, providing a safe place for for skaters of all ages and their families to gather. Construction of Phase 2 of the skatepark began in the summer of 2021 and was completed and open for use in the fall of 2021!

Get involved on social media: #SkateparkGF To donate to the skatepark project, contact us.

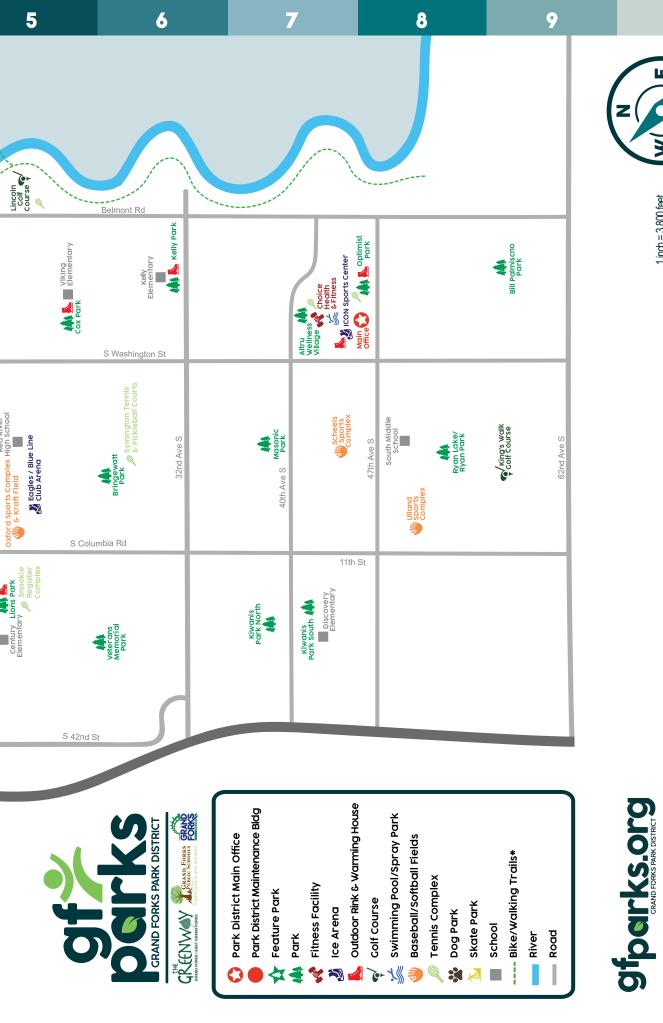
Save the







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



Park and facility AMENITIES

SKATEPARK (RAMPS/BOWL) INDOOR SKATING ARENA OUTDOOR SKATING RINK & WARMING HOUSE INDOOR PLAYGROUND SLEDDING &/OR CC SKIINC COLF COURSES PRO SHOP he althy BASEBALL & SOFTBALL un GV SWIMMING POOLS FLORAL GARDENS PICNIC TABLES PICNIC SHELTER MEETING ROOMS VOLLEYBALL WALKING TRAIL -AMILY CENTER DRIVING RANGE CONCESSIONS 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 CF Park District. FRISBEE COLF HORSESHOES PARKING LOT PLAYCROUND BASKETBALL RESTROOMS SPRAY PARK PICKLEBALL **BIKE TRAILS** OOT COLF TOBAC DOC PARK OOTBALL SOCCER EXERCISE CRICKET FISHING ENNIS

FACILITIES & FEATURE PARKS

							 _					_		_				_	_					_	_	_			
F-8	Park District Main Office	1060 47th Ave. S.	701.746.2750								٠								٠				•						
	BASEBALL/SOFTBALL FIELDS																												
E-5	Oxford Sports Complex/Kraft Field	2511 17th Ave. S	701.746.2760		•		•												٠	•		•	•						
E-7	Scheels Sports Complex	4301 S. 20th St.			•														٠						•	Ð			
D-8	Ulland Sports Complex	2401 47th Ave. S.	701.746.2761	٠	•		•												٠	•		٠	•		•			Π	•
	FITNESS / COMMUNITY CENTERS																											Π	
F-7	Choice Health & Fitness	4401 S. 11th St.	701.746.2790			•	•		•		•							•	٠				•				٠	•	•
F-4	First Season Community Center	1122 7th Ave. S.	701.746.2763				•			٠							•		٠				•						
	GOLF COURSES																												
E-9	King's Walk Golf Course	5301 Columbia Rd. S.	701.787.5464				• •	•							٠				٠				•					Π	•
G-5	Lincoln Golf Course	250 Elks Dr.	701.746.2788	•		•	•								٠				٠				•					•	•
	ICE ARENAS																											Π	
E-5	Eagles & Blue Line Club Arena	1900 S. 25th St.	701.746.2769				•									•			٠				•						
F-4	Fido Purpur & Gambucci Arena	1122 7th Ave. S	701.746.2764				•			٠						•	•		٠			٠	•						
F-8	ICON Sports Center	1060 47th Ave. S.	701.746.2750				•									•			٠				•						•
	SWIMMING POOLS																												
F-4	Elks Pool	1002 13th Ave. S.	701.746.2780		•		•							•					٠		٠	٠	•			•	•		
F-1	Riverside Pool	1810 N. 1st St.	701.740.1497	•		•	•						•					•	٠	•	٠	٠	•	•	•		٠	•	•

PARKS & SHELTERS

F-4	Abbott Complex	705 S. 12th St.				•													•	•								•	,	
F-7	Altru Weliness Village	4401 S. 11th St.								٠						•	٠		•		•	•					•	•	,	٠
G-9	Bill Palmiscno Park	5855 Cherry St.																				•			•					
E-4	Ben Franklin Park	2111 Westward Dr.	701.746.2771		٠												٠					•	•							
E-6	Bringewatt Park	2205 24th Ave. S.	701.746.2785			•													•		•	•	•			•			٠	
F-5	Cox Park	800 24th Ave. S.	701.746.2773		٠												٠		•			•	•							
F-4	Elks Park	1002 13th Ave. S.	701.746.2781				•	•						٠					•		•	•	•				•	•		
C-3	Exchange Club Park	37O2 6th Ave. N.	701.746.2775		٠	•													•			•								
D-4	Haake Strip Park	Bike path between BF	& Oxford	٠																										•
G-3	Half Circle Park	614 3rd Ave. S.																				•								
F-3	Independence Park	1000 5th Ave. S.									•										•	<u>،</u>								
B-3	Jayc ees Park	4790 Technology Cr.	701.787.2229		٠	•											٠		٠		• •									
G-3	Kannowski Park/Rydell Skate Park	701 S. 4th St.		٠							•								•			•	•	٠						٠
F-6	Kelly Park	904 32nd Ave. S.	701.746.2774		٠												٠					•	•							
D-7	Kiwanis Park (North Park)	3851 S. 34th St.			٠														•		•	•								
D-7	Kiwanis Park (South Park)	4100 S. 32nd St.				•																•								
G-4	Lincoln Drive Park	120 Euclid Ave.	701.740.1826	•					٠		•	•	•		•	•	٠	٠	•		•	•	•		٠				٠	٠
D-5	Lions Park	3211 17th Ave. S.	701.746.2782	•		•											٠		•		•	•	•			•		•	,	
E-7	Masonic Park	1950 40th Ave. S.		•	٠														•		•	•								٠
F-3	Midtown Park	4O2 N. 6th St.				•																•								
F-8	Optimist Park	4600 Cherry St.	701.746.2784	•	٠												•		•	•	•	•	•					•	,	٠
C-5	Prime Steel Park	3900 14th Ave. S.			٠	•															•	•								
В-3	Richards West Park	4700 6th Ave. N.	701.787.3487		٠	•	•														•	•				•				
F-1	Riverside Park	1810 N. 1st St.	701.215.9469	•		•	•	•				• •	•				٠	٠	•		•	•	•		•		•	•	,	٠
E-8	Ryan Park / Ryan Lake	2001 47th Ave. S.		•								•	2						•		•	•								٠
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.																	•	•	T							•	,	
E-3	University Park	320 N. 25th St.	701.746.2778		٠						•				•	•	٠	٠	٠	'	•	• •	•				•	•	,	٠
D-6	Veterans Memorial Park	2357 S. 34th St.																	٠		•	•	٠							
F-4	Williamson Park	1020 7th Ave. S.												•							T	•								
E-4	Wilmar Park	904 S. 16th St.			٠	•									•	•					T	•								



Winter Feature Parks

LINCOLN DR. PARK (MAP PAGES 11-12 | G-4)

- 🕂 Cross Country Ski Trails
- Dog Park
- Fishing
- L Outdoor Skating Rink & Warming House
- Meeting Rooms
- Parking Lot

➡ Picnic Shelters
₩ Playground

A Picnic Tables

- Restrooms
- 🐛 Sledding
- B Walking Trails

RIVERSIDE PARK (MAP PAGE 11-12 | F-2)

- 🕂 Cross Country Ski Trails
- Fishing
- L Outdoor Skating Rink & Warming House
- Meeting Rooms
- 🖳 Parking Lot
- A Picnic Tables

- Picnic SheltersPlayground
- 🛉 🛉 Restrooms
- 🐛 Sledding
- 💈 Walking Trail

The Greenway

The Greater Grand Forks Greenway is a collaboration between the City of Grand Forks and the City of East Grand Forks. **Go to GreenwayGGF.com for more info!**

WINTER ACTIVITIES

- Hiking Trails
 Picnic Areas
 Wildlife Observation
 Cross Country Skiing
- Campground Labyrinth Composition Composit

FIND MORE FUN ONLINE!

VISIT GREENWAYGGF.COM TO DOWNLOAD CROSS COUNTRY SKIING AND SNOWMOBILING TRAIL MAPS.

OUTDOOR RINKS & WARMING HOUSES

We have 9 supervised warming houses and lighted hockey/pleasure skating rinks ready for some winter fun! Call the information line for weather related announcements and closings.

INFORMATION LINE: 701.787.3499

WARMING HOUSE BUILDING HOURS (WEATHER PERMITTING)

Monday - Friday	3:30 - 8:30 pm
Saturday & Sunday	12:00 - 8:30 pm
Holiday Break Dec. 22 - Jan. 2 (Closed Dec. 24-25)	12:00 - 8:30 pm

BUILDING	LOCATION	PHONE							
Ben Franklin Park	2121 Westward Dr.	701-746-2771							
Cox Park	2207 S. 10th St.	701-746-2773							
Jaycees Park	4790 Technology Cir.	701-787-2229							
Kelly Park	904 32nd Ave. S.	701-746-2774							
Lincoln Drive Park	120 Euclid Ave.	701-740-1826							
Lions Park	3211 17th Ave. S.	701-746-2782							
Optimist Park	4600 Cherry St.	701-746-2784							
Riverside Park	100 Park St.	701-740-1497							
University Park	320 North 25th St.	701-746-2778							
ICON Sports Center	1060 47th Ave. S.	701-746-2750							





PUBLIC SKATING

NO PUBLIC SKATING: Nov. 235, Dec. 24, 25, 31, Jan. 20 PLEASE NOTE: No sticks or pucks are allowed on the ice during public skating

LOCATION	DATES	DAYS/TIME	FEES
ICON Sports Center	Oct. 2 - April 25	Monday - Thursday 12:00 pm - 1:30 pm	No Charge (limited supervision)
Blue Line Club Arena	Nov. 3 - Feb. 25	Thursday 8:15 pm - 9:30 pm Saturday 12:15 pm - 1:45 pm Sunday 1:00 - 2:15 pm, 8:15 pm - 9:45 pm	No Charge (limited supervision)

HOCKEY & ICE SKATING ARENAS

ARENA	LOCATION	OPEN/CLOSING								
Eagles Arena	1900 25th Street South	Open: September - April								
Blue Line Club Arena	1900 25th Street South	Open: October - March								
Gambucci Arena	1122 7th Avenue South	Open: October - March								
Purpur Arena	1122 7th Avenue South	Open: October - March								
ICON Sports Center Rydell Cars Rink & The Judd Rink	1060 47th Avenue South	Year round ice available								

ICE RENTALS

CONTACT	TO VIEW ICE SCHEDULES
Wes Colborn wcolborn@gfparks.org 701-787-2808	Visit: gfparks.org/arena-calendars
* For rental policies and additional information, see page 20.	

INDOOR ACTIVITIES | 15-1

PAINTING LESSONS

RICHARDS WEST STUDIO (700 6TH AVE. N.)

Adult classes for beginners to advanced painters.

Max Class Limit: 8 Painters

HOW TO REGISTER:

Pre-registration required. Online registration ONLY.

FALL SESSION



ART SHOW: TBA WATERCOLOR SHOW: TBA

PAINTING INSTRUCTORS:

Mary Haugstad: 701-740-5585 Joan Mullen: 218-779-3200 Zauna Synnott: 701-317-2101

DAY	TIME	FEE	ACTIVITY CODE	
MON	6:30 pm - 9:00 pm	\$75	124234-02	
TUES	9:30 am - 12:00 pm	\$75	124234-04	
WED	9:30 am - 12:00 pm	\$75	124234-06	
WED	12:30 pm - 3:00 pm	\$75	124234-08	
THURS	12:30 pm - 3:00 pm	\$75	124234-10	
THURS	6:30 pm - 9:00 pm	\$75	124234-12	

FIRST SEASON COMMUNITY CENTER

1122 7TH AVENUE SOUTH (PURPUR ARENA)

Come see the HUGE indoor playground for all ages and sizes, a TV lounge, party area and a concession stand featuring the best popcorn in town! *No outside food allowed. Concessions available!*

Call Us: 701.746.2763

Van US. 701.740.2703		
9 + 19		
OCT. APRIL		
NEW HOURS O	OF OPERATION	
Monday - Friday	9:00 am - 2:00 pm	
Saturday	10:00 am - 5:00 pm	
Sunday	CLOSED	
FSCC ADMISSION RATES		
Children (2-10 Yrs)	\$4.00 / Child (2-hour limit) (Children under 2 years are free)	
Adults	FREE (with child's paid admission)	
Coupon Book (10 Passes)	\$35	
Daycare Pass	\$100	
PARTIES AT FSCC		
Party Rate	\$100	
Saturdays Only	10:30am-12:30pm 1:30-3:30pm	
No outside food allowed.Conessions available.		

No outside food allowed.Conessions available. Cake and ice cream permitted for birthdays.

THANK YOU TO OUR ACTIVITY GUIDE SPONSOR!



NORTH DAKOTA BALLET COMPANY & ACADEMY

NOW ENROLLING NORTHDAKOTABALLET.ORG

ALL EVENT INFO IS SUBJECT TO CHANGE.

VISIT GFPARKS.ORG FOR UP-TO-DATE EVENT INFO!

FUN EVENTS FOR THE WHOLE FAMILY!

MOST EVENTS ARE FREE & OPEN TO THE PUBLIC!

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 Grand Forks Park District. If you do not agree to the foregoing, please do not enter the event premises.

KNIGHT FOR A PRINCESS FAIRYTALE NIGHT FOR GIRLS

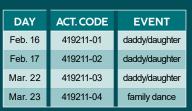


Time: 6:00 - 9:00 pm Location: Alerus Center **Cost:** \$80/couple (\$40/person) Cost includes t-shirt for each young lady



How to Register:

(Pre-registration required)



NIGHT FOR A rincess \sim

Registration begins: Dec. 1, 2023



The GF Park District invites young ladies under the age of 16 and a special escort (i.e. daddy, grandpa, uncle) to attend. Guests typically dress formally and enter a room fit for a princess where they will enjoy a special photo session as a couple, flower and

gift bag for the princess, catered dinner, prize drawings, and an evening of dancing.

Although this event is promoted towards dads and daughters, the Grand Forks Park District does not discriminate based upon gender. All are welcome.

FALL & WINTER EVENTS | 17-18

PARKTOBERFEST - NEW! FALL FAMILY FUN EVENT! PARKTOBERFEST



Time: 5:00 - 7:00 pm Location: University Park Admission: FREE Event is open to ALL AGES!

Join us for a night of fun for the whole family at University Park featuring food vendors, games, s'mores, horses and hayrides, paint a pumpkin, music, and more!

Make sure to wear your flannels and come celebrate FALL with us at the park!

SANTA VILLAGE FUN HOLIDAY EVENT FOR THE WHOLE FAMILY!





Location: Lincoln Clubhouse 250 Elks Drive

Admission:

One non-perishable food shelf item, toy, or cash donation per person.

Santa and his elves will set up their workshop at a new location this season! Everyone is welcome to stop in and meet Santa's elves, sip some cocoa, and enjoy the beautifully adorned trees.

SANTA VILLAGE GENERAL PUBLIC TIMES:

Monday - Thursday:

By Appointment Only (Classrooms/Daycares Encouraged)

Friday - Saturday: Sunday: 10:00 am - 8:00 pm 12:00 pm - 6:00 pm

SANTA & MRS. CLAUS VISITS:

Santa and Mrs. Claus will be on site for story time! Magic Show ahead of Santa's Arrival at 1:00pm

1:00 pm - 5:00 pm 1:00 pm - 5:00 pm 1:00 pm - 5:00 pm 1:00 pm - 5:00 pm

FUN EVENTS AT SANTA VILLAGE! BREAKFAST WITH SANTA

Dates: Dec. 8, 19, 15, 16 | **Time:** 10:00 am - 12:00 pm Enjoy breakfast with Jolly Saint Nick himself! Pre-registraiton required. Visit gfparks.org for details.

HOSTING A HOLIDAY PARTY? Lincoln Clubhouse | 250 Elks Drive

Rentals Available: Dec. 1 - Feb. 1 | Cost: \$500 Book an Event: 701-746.2750 | Iroche@gfparks.org

BLIZZARD BASH OPEN SKATING & MOVIE EVENT!





Time: 1:00 pm - 4:00 pm

Location: ICON Sports Center 1060 47th Avenue South

Admission: FREE

Join us for a matinee (movie TBA) and open skating! Adult supervision suggested. Concessions will be open but make sure to pack your skates as rentals won't be available.

EVENT SCHEDULE:

1:00 - 4:00 pm | Open Family Skating 1:30 | Movie starts (ICON Sports Center Community Room)

GREENWAY SNOW DAY FAMILY SNOW DAY!





Time: 10:00 am - 4:00 pm Location: Lincoln Drive Park Admission: FREE

Join us for a snow-filled day of ice skating, snowshoeing, cross-country

skiing, sledding, horse-drawn sleigh rides, and cardboard sled races. Everyone, grab your hat, mittens and friends and we'll see you at Lincoln Drive Park for Greenway Snow Day! We would like to say a big thanks to the Ski & Bike Shop, Ground Round, and Leighton Broadcasting for their support!

LUCKY STRIKE BOWLING MOTHER/SON BOWL-A-RAMA





Time: 3:00 - 6:00 pm Location: Red Ray Lanes Cost: \$25/person (includes pizza & prizes!) Registration begins: Dec. 1, 2023

DAY	ACTIVITY CODE	EVENT
April 6	412012-01	mother / son event
April 7	412012-02	family bowling event

How to Register: (Pre-registration required)



Red Ray Lanes has opened up the alley to allow you and your special someone to enjoy an afternoon learning bowling techniques and creating memories. Events for boys of all ages. Escorts can be a mom, grandma, aunt or someone special.

Although this event is promoted towards moms and sons, the Grand Forks Park District does not discriminate based upon gender. All are welcome.

GRAND FORKS PARK DISTRICT WOMEN'S HOCKEY LEAGUE 18 YEARS & OVER 3 - 4 - 4 DEC 5 - 5 Location: Gambucci Arena Supervisor: Sarah Boese How to Register:	GRAND FORKS PARK DISTRICT MEN'S SLOW HOCKEY LEAG O YRS & OVER 40 YRS & OVER O YRS & OVER 40 YRS & OVER O YRS & OVER 40 YRS & OVER D YRS & OVER 40 YRS & OVERImage: Image: I	JE
gfparks.org by mail email in-person DAY/TIMES ACTIVITY CODE SUN 8:00 - 9:00 pm 444200 - 62	LEAGUE DAY/TIMES ACTIVITY C 20 Yrs & Over WED 7:00 pm & 8:15 pm 444200 - 63 40 Yrs & Over WED 5:45 pm 444200 - 64	ODE

GRAND FORKS PARK DISTRICT **MEN'S ASSOCIATE/INTERMEDIATE HOCKEY LEAGUE**

FEB. NOV.

18 YEARS & OVER

Cost: \$150 Location: Purpur Arena Supervisor: Jon Larson

in-person

LEAGUE	DAY/TIMES (Times rotate weekly)	ACTIVITY CODE
Associate	SUN 5:45 pm or 7:00 pm	444200 - 65
Intermediate	SUN 5:45 pm or 7:00 pm	444200 – 66

How to Register:



ICE RENTALS

RENT ICE FOR YOUR NEXT PARTY OR PRACTICE

Whether you want to get some extra reps on the ice to improve your skills or you're looking for a unique venue for your next party, the Grand Forks Park District has six ice arenas with ice available for rent!

TO VIEW ICE SCHEDULES

Wes Colborn | wcolborn@gfparks.org | 701-787-2808

CONTACT

Visit: gfparks.org/arena-calendars

ARENA	LOCATION	OPEN/CLOSING DATES
Eagles Arena	1900 25th Street South	Open: September - April
Blue Line Club Arena	1900 25th Street South	Open: September - April
Gambucci Arena	1122 7th Avenue South	Open: October - March
Purpur Arena	1122 7th Avenue South	Open: October - March
ICON Sports Center Rydell Cars Rink & The Judd Rink	1060 47th Avenue South	Year round ice available

ICE TIME PURCHASE & RETURN POLICY

Unless you have negotiated other arrangements with management, the purchase of ice time is only considered final when the ice rental agreement is signed, and rental fee is paid in full or a deposit has been received. We cannot "hold" ice time. It is available on a "first come, first served basis." Payments may be made by check or credit card. For purchases of large blocks of ice or ongoing contracts, accounts may be opened by contacting Park District management.

When you purchase an hour of ice time from the GF Park District, it is not on the market for others to purchase. If you choose not to use or cancel the ice time, we WILL NOT take it back, refund or credit you for it. In most cases we probably could have sold it to other users several times over. The Park District will not be penalized for you or your organization choosing to not use the ice time that you have reserved. We will, with 14 day notice, attempt to resell the ice time for you, but if it does not resell you will be charged the full hourly rate.

When you sign an ice rental contract you become responsible for the cost of that ice. Failure to appear or cancellation shall result in forfeiture of any deposit or payments and the GF Park District also reserves the right to demand and receive full compensation for the unused reserved time.

PRIVATE **UDDE LOCATO** *NOT OPERATED BY THE GF PARK DISTRICT

GF YOUTH HOCKEY ASSOCIATION YOUTH HOCKEY PROGRAMS

THE GRAND FORKS YOUTH HOCKEY ASSOCIATION OFFERS HOCKEY PROGRAMMING FOR GIRLS AND BOYS AGES 5 TO 14 YEARS.

TO REGISTER: GRANDFORKSYOUTHHOCKEY.COM

PLEASE NOTE: ALL PLAYERS MUST ALSO REGISTER WITH USA HOCKEY AT **USAHOCKEY.COM**



JUNIOR GOLD HOCKEY GRAND FORKS STALLIONS

NDAHA high school hockey league for players age 15-18 years old. Players must be currently enrolled full-time in high school. Players will compete in the North Dakota Junior Gold Hockey League.

TRYOUTS | PURPUR ARENA

Monday, November 13	8:00 pm - 10:00 pm
Tuesday, November 14	8:00 pm - 10:00 pm
Thursday, November 16	8:00 pm - 10:00 pm

STALLION TOURNAMENT: January 26 - 28 | Purpur/Gambucci Arena

STALLIONS CONTACTS: Travis Hagen: 701.740.1544 | Joy Hagen: 701.740.2158





Learn To Skate USA lessons support skaters of all ages with each skater receiving at least a 30 min group lesson and 15 min open practice time each week.

SESSION DATES REQUIRED EQUIPMENT: Ice Skates or Hockey Skates. *Beginners strongly encouraged to wear a helmet.





OPEN REGISTRATION:



6:00 - 7:00 pm Blue Line Club Arena \$10 late fee | No Registration after Nov. 13

NO LESSONS: DEC. 24 - JAN. 1

Please Note: Due to the large amount of programs and limited ice space, make-up lessons are not available.

Lessons

Start

SNOWPLOW SAM **GROUP LESSONS**



Location: Blue Line Club Arena Cost: \$85 / Resident | \$125 / Non-Resident

Intro classes allow children with little to no prior skating experience to build confidence while learning basic skills.

Working on Badges: Snowplow Sam 1-4

LESSON DAY	TIME	CODE
SUN	2:30 - 3:00 pm	444001-42
SUN	3:15 - 3:45 pm	444001-44
SUN	4:45 - 5:15 pm	444001-62
SUN	5:30 - 6:00 pm	444001-64
SUN	6:15 - 6:45 pm	444001-72
MON	5:45 - 6:15 pm	444001-74
MON	6:30 - 7:00 pm	444001-76

PRE-SCHOOL **OPEN SKATING**



(PRE-SCHOOL LESSONS NOT OFFERED IN 2023/24)

Location: ICON Sports Center | Cost: Free Supervision not provided. No registration required.

DAY	TIME
MON	9:30 - 10:30 am
TUES	1:45 - 2:45 pm
WED	9:30 - 10:30 am
THURS	1:45 - 2:45 pm

BASIC SKILLS BEGINNER Lessons Start **GROUP LESSONS**

(1ST GRADE - 8TH GRADE)

Location: Blue Line Club Arena Cost: \$85 / Resident | \$125 / Non-Resident Laying the foundation for figure skating & hockey, basic skills classes teach ice skating FUNdamentals.

Working on Badges: Basic Skills 1 & 2

LESSON DAY	TIME	CODE
SUN	3:15 - 3:45 pm	444000-42
SUN	4:00 - 4:30 pm	444000-44
SUN	6:15 - 6:45 pm	444000-64
MON	5:45 - 6:15 pm	444000-66
MON	6:30 - 7:00 pm	444000-72
MON	7:15 - 7:45 pm	444000-74

BASIC SKILLS Lessons Start **INTERMEDIATE GROUP LESSONS** (MUST HAVE PASSED BASIC SKILLS 1)

Location: Blue Line Club Arena

Cost: \$85 / Resident | \$125 / Non-Resident

Laying the foundation for figure skating and hockey, basic skills classes teach ice skating FUNdamentals.

Working on Badges: Basic Skills 2-4

LESSON DAY	TIME	CODE
SUN	4:00 - 4:30 pm	444006-42
SUN	4:45 - 5:15 pm	444006-62
MON	7:15 - 7:45 pm	444006-72

FIGURE & ICE SKATING | 21-22

BASIC SKILLS ADVANCED AND FREESKATE LESSONS (MUST HAVE PASSED BASIC SKILLS 3)

Lessons Start

Location: Blue Line Club Arena Cost: \$95 / Resident | \$135 / Non-Resident

Skaters will learn traditional figure skating, including jumps and spins as well as the basic principles and philosophy of choreography, presentation and performance.

Working on Badges: Basic Skills 4-6, Pre-Freeskate, Freeskate 1-6

BASIC SKILLS ADVANCED & FREESKATE CODE

SUN (7:00 - 8:00 pm) & MON (8:00 - 9:00 pm) 444007-62

Skaters will be divided into groups for Monday evening during 1st lesson

ADULT GROUP LESSONS Lessons Start

(HIGH SCHOOL & OLDER)

Location: Blue Line Club Arena Cost: \$85 / Resident | \$125 / Non-Resident

Lessons designed for skaters of all levels who wish to improve their skating skills. These lessons promote physical fitness, improve balance, and strengthen coordination, while teaching proper skating techniques.

LESSON DAY	TIME	CODE
SUN	4:00 - 4:30 pm	444002-62

BORDER BLADES



5

*NOT OPERATED BY GF PARK DISTRICT

PRIVATE LESSONS

Border Blades is affiliated with United States Figure Skating (USFS). Membership in the club enables youth skaters to compete in skating competitions and test according to USFS rules. Any level of skater may join. For more information on all programs, go to www.borderblades.org or email info@borderblades.org.

FOR REGISTRATION INFORMATION: WWW.BORDERBLADES.ORG

SYNCHRONIZED SKATING

Synchronized skaters practice and perform together while synchronizing their movements. A competitive "team" consists of 12-20 skaters. In addition to our competitive lines, Border Blades Figure Skating Club offers a non-competitive, beginner line. To learn more about the Synchronized Skating program, contact: synchro@borderblades.org.

ANNUAL ICE SHOW



March 2 | 5:00pm March 3 | 2:00pm Location: Purpur Arena FREE Event! Open to the Public

Ice Show Practices: February 18 - 26







CHOICE HEALTH AQUATICS COMPLEX

3-Lane Lap Pool2 Water Slides with Slide BayZero Depth Entry Pool with Spray FeaturesLazy River for Family Fun and Low Impact WalkingWater Aerobics Classes and Swimming Lessons

AQUATICS COMPLEX HOURS

SPRING / SUMMER HOURS *HOURS ARE SUBJECT TO CHANGE | CHECK CHOICEHF.COM

Monday - Thursday: 5:30 am - 9:00 pm

Friday: 5:30 am - 8:00 pm

Saturday: 8:00 am - 7:00 pm

Sunday: 11:00 am - 7:00 pm

Youth SWIMMING LESSONS

SESSION DATES







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.

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	\$48 / \$64 (non-mem)	AQ3-3101	AQ3-3102

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	\$48 / \$64 (non-mem)	AQ3-3501	AQ3-3502

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	5:00 pm - 5:30 pm	\$80 / \$120 (non-mem)	AQ3-4201	AQ3-4202
T & TH	5:00 pm - 5:30 pm	\$80 / \$120 (non-mem)	AQ3-4501	AQ3-4502

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. *No mask goggles*.

Max Class Capacity: 4 Swimmers

LEVEL 1 | SUNFISH (BOBS & FLOATS)

DAYS	TIME	COST	SESSION 1 CODE	SESSION 2 CODE
M & W	4:30 pm - 5:00 pm	\$80 / \$120 (non-mem)	AQ3-51201	AQ3-51202
M & W	5:00 pm - 5:30 pm	\$80 / \$120 (non-mem)	AQ3-51251	AQ3-51252
M & W	5:30 pm - 6:00 pm	\$80 / \$120 (non-mem)	AQ3-51301	AQ3-51302
T & TH	4:00 pm - 4:30 pm	\$80 / \$120 (non-mem)	AQ3-51501	AQ3-51502
T & TH	4:30 pm - 5:00 pm	\$80 / \$120 (non-mem)	AQ3-51551	AQ3-51552
T & TH	5:00 pm - 5:30 pm	\$80 / \$120 (non-mem)	AQ3-51601	AQ3-51602

LEVEL 2 | PERCH (KICKS & GLIDES)

DAYS	TIME	COST	SESSION 1 CODE	SESSION 2 CODE
M & W	4:30 pm - 5:00 pm	\$80 / \$120 (non-mem)	AQ3-52101	AQ3-52102
M & W	5:00 pm - 5:30 pm	\$80 / \$120 (non-mem)	AQ3-52201	AQ3-52202
M & W	5:30 pm - 6:00 pm	\$80 / \$120 (non-mem)	AQ3-52251	AQ3-52252
T & TH	4:00 pm - 4:30 pm	\$80 / \$120 (non-mem)	AQ3-52501	AQ3-52502
T & TH	4:30 pm - 5:00 pm	\$80 / \$120 (non-mem)	AQ3-52551	AQ3-52552
T & TH	5:00 pm - 5:30 pm	\$80 / \$120 (non-mem)	AQ3-52601	AQ3-52602

LEVEL 3 | BASS (FREESTYLE & ELEMENTARY BACKSTROKE)

DAYS	TIME	COST	SESSION 1 CODE	SESSION 2 CODE
M & W	4:30 pm - 5:00 pm	\$80 / \$120 (non-mem)	AQ3-53101	AQ3-53102
M & W	5:30 pm - 6:00 pm	\$80 / \$120 (non-mem)	AQ3-53201	AQ3-53202
T & TH	4:00 pm - 4:30 pm	\$80 / \$120 (non-mem)	AQ3-53501	AQ3-53502
T & TH	4:30 pm - 5:00 pm	\$80 / \$120 (non-mem)	AQ3-53551	AQ3-53552

LEVEL 4 | WALLEYE (BACKSTROKE & TREADING)

DAYS	TIME	COST	SESSION 1 CODE	SESSION 2 CODE
M & W	6:00 pm - 6:30 pm	\$80 / \$120 (non-mem)	AQ3-54301	AQ3-54302

LEVEL 5 | NORTHERN PIKE (BREAST & SIDESTROKE)

DAYS	TIME	COST	SESSION 1 CODE	SESSION 2 CODE
M & W	6:00 pm - 6:30 pm	\$80 / \$120 (non-mem)	AQ3-55301	AQ3-55302

LEVEL 6 | MUSKIE (BUTTERFLY & MASTER ALL SKILLS)

DAYS	TIME	соѕт	SESSION 1 CODE	SESSION 2 CODE
M & W	6:00 pm - 6:30 pm	\$80 / \$120 (non-mem)	AQ3-56301	AQ3-56302

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



YOUTH

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.

CHOICE BASKETBALL ACADEMY (GRADES K - 6)

28 AUG Reg. Deadline SEPT.

Location: Choice Health & Fitness

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

Late Fee: \$10 REG. OPENS: JULY 31

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	3:30 pm - 4:30 pm	\$210	BB3-3110	8 Players
MON	3:30 pm - 4:30 pm	\$100	BB3-3120	4 Players
WED	3:30 pm - 4:30 pm	\$110	BB3-3130	4 Players
SAT	8:00 am - 9:00 am	\$110	BB3-3140	12 Players

GRADES 2-3

DAYS	TIME	COST	REGISTRATION CODE	MAX CLASS CAPACITY		
M & W	4:30 pm - 5:30 pm	\$210	BB3-3210	8 Players		
MON	4:30 pm - 5:30 pm	\$100	BB3-3220	4 Players		
WED	4:30 pm - 5:30 pm	\$110	BB3-3230	4 Players		
SAT	9:00 am - 10:00 am	\$110	BB3-3240	12 Players		
GRADES 4-6						
DAYS	TIME	соѕт	REGISTRATION CODE	MAX CLASS CAPACITY		
SAT	10:00 am - 11:00 am	\$110	BB3-3340	12 Players		

BASKETBALL SKILLS CLINIC (GRADES 4 - 7)



Location: Choice Health & Fitness

Player will work on ball handling skills, (dribbling, moving with the ball, passing, etc.) in addition to working on foot speed and agility. Players will also work on shooting from all ranges off the pass, off the dribble, as well as post moves.

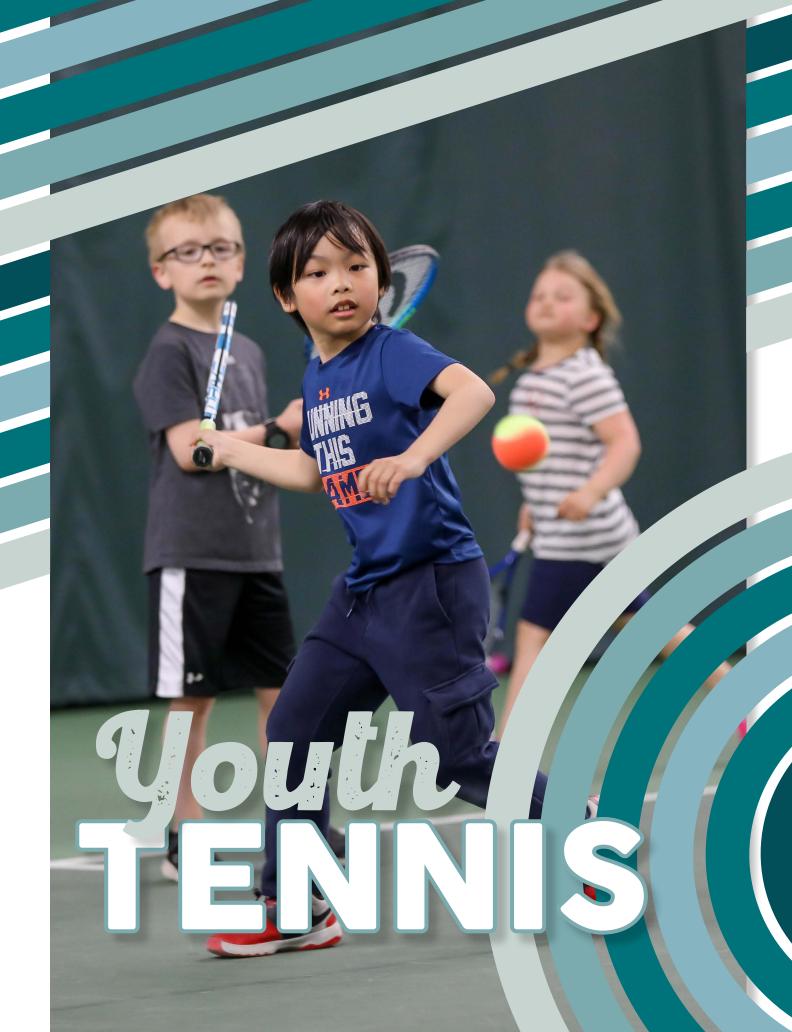
Contact Info: Tony Peterson or Lisa Rollefstad | sports@choicehf.com | 701.746.2790 **GRADES 4-7**

DAYS	TIME	COST	MAX CLASS CAP.	SESSION 1 REG. CODE	SESSION 2 REG. CODE
TUES	6:00 pm - 6:45 pm	\$60	12 Players	BB3-43501	BB3-43502
TUES	6:45 pm - 7:30 pm	\$60	12 Players	BB3-43601	BB3-43602

THANK YOU TO OUR SPONSOR!

FRANDSEN BANK & TRUST

frandsenbank.com | Member FDIC Grand Forks 701-780-7700 Real people. Real results.



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)



Location: Choice Tennis Courts

Tiny Tots Tennis program introduces pre-school aged children to tennis. This is a parent-child class, so plan to attend to assist your child.

REG. OPENS: JULY 31 | NO CLASS: OCT. 14 & NOV. 1

AGES	DAYS	TIME	COST	REG. CODE
3-5	WED	10:40 - 11:25 am	\$72	TN3-310
3-5	SAT	10:40 - 11:25 am	\$72	TN3-350

10 & UNDER TENNIS (5-10 YEARS)

5 - 16 SEPT. NOV. Reg. Deadline Late Fee: \$10 Location: Choice Tennis Courts

Provides a progressive approach to tennis success.

Class utilizes scaled courts, low-compression balls, and

smaller racquets to meet each child's developmental needs.

REG. OPENS: JULY 31 NO CLASS: OCT. 5 & 12

AGES	DAYS	TIME	COST	REG. CODE			
5-6	THURS	3:30 - 4:30 pm	\$90	TN3-4110			
7-8	WED	4:00 - 5:00 pm	\$110	TN3-4140			
9-10	WED	5:00 - 6:00 pm	\$132	TN3-4170			

10 & UNDER TENNIS | INTERMEDIATE

AGES	DAYS	TIME	COST	REG. CODE		
5-6	THURS	3:30 - 4:30 pm	\$90	TN3-4210		
7-8	M & W	4:00 - 5:00 pm	\$252	TN3-4240		
9-10	M & W	5:00 - 6:00 pm	\$252	TN3-4270		

10 & UNDER TENNIS | ADVANCED

AGES	DAYS	TIME	COST	REG. CODE
5-6	T & TH	3:30 - 4:30 pm	\$200	TN3-4310
7-8	M & W	4:00 - 5:00 pm	\$252	TN3-4340
9-10	M & W	5:00 - 6:00 pm	\$252	TN3-4370

TENNIS ACADEMY (11 - 18 YEARS)



Location: Choice Tennis Courts Designed to develop junior tennis players through a curriculum which promotes a natural progression through skill-based levels.

REG. OPENS: JULY 31 | NO CLASS: OCT. 5 & 12

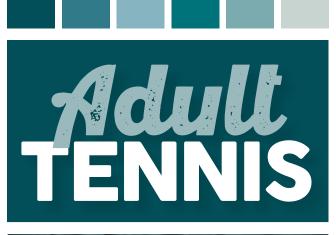
TENNIS ACADEMY | BEGINNER

AGES	DAYS	TIME	COST	REG. CODE
11-14	T & TH	6:00 - 7:00 pm	\$240	TN3-5120
15-18	T & TH	6:00 - 7:00 pm	\$240	TN3-5160

TENNIS ACADEMY | INTERMEDIATE

AGES	DAYS	TIME	COST	REG. CODE
11-14	T&TH	4:30 - 5:30 pm	\$240 \$330 (non-mem)	TN3-5210
15-18	T&TH	7:30 - 8:30 pm	\$240 \$330 (non-mem)	TN3-5250

TENNIS ACADEMY | ADVANCED REG. CODE AGES DAYS TIME COST 4:30 - 5:30 pm \$240 | \$330 (non-mem) TN3-5310 11-14 T & TH TN3-5350 15-18 T & TH 7:30 - 8:30 pm \$240 | \$330 (non-mem)





PRIVATE LESSONS -

Choice Health & Fitness offers private tennis lessons to both members and non-members.

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

tennis@choicehf.com 701.746.2790



SESSION 1





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.

Location: Choice Health & Fitness

Max Capacity: 12 Players

Give tennis a try! Join one of our tennis professionals for an adult introductory tennis lesson series. The series consists of one free intro group lesson followed by (5) one-hour group lessons. Come learn the basic

strokes needed to play this lifetime sport.

DAY	TIME	COST	SESS. 1 CODE	SESS. 2 CODE
MON	7:30 - 8:30 pm	\$60	TN3-2101	TN3-2102

• 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)

Drills are the most popular tennis activity at Choice Health & Fitness. 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
SUNDAYS	1:00 - 2:30 pm
MONDAYS	9:00 - 10:30 am 6:00 - 7:30 pm
TUESDAYS	9:00 - 10:30 am 12:00 - 1:00 pm 6:00 - 7:30 pm
WEDNESDAYS	9:00 - 10:30 am 6:00 - 7:30 pm
THURSDAYS	9:00 - 10:30 am 2:00 - 1:00 pm 6:00 - 7:30 pm
FRIDAYS	10:30 am - 12:00 pm 12:00 - 1:00 pm
SATURDAYS	9:00 - 10:30 am

Youth and Adult RACQUETBALL



ADULT RACQUETBALL LEAGUES



Choice Health & Fitness

Location:

Cost: \$16.09 / league How to Register:

Keep your racquetball game up to speed this season 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 & Recreation Coordinator (701.746.2790) for pricing and availability.*

DAYS	TIMES	DIVISION
MON	6:00 pm 7:00 pm	A/B A/B
WED	6:00 pm 7:00 pm	C/D C/D



PRIVATE LESSONS

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

YOUTH & ADULT

Youth VOLLEYBALL

HOW TO REGISTER



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.

VOLLEYBALL ACADEMY (GRADES 4 - 8)



Location: Choice Health & Fitness Gym

REG. OPENS: JULY 31

Program designed to develop the basic skills of volleyball through skill development sessions and lessons with volleyball instructors. **Contact Info:** Tony Peterson | sports@choicehf.com | 701.746.2790

REG. OPENS: JULY 31

GRADES 4-5							
GROUP	DAYS	TIMES	COST	REGISTRATION CODE	MAX CLASS CAPACITY		
Grades 4-5	T & TH	3:30 - 4:30 pm	\$180	VB3-3320	10 Players		
Grades 4-5	TUES	3:30 - 4:30 pm	\$90	VB3-3330	6 Players		
Grades 4-5	THURS	3:30 - 4:30 pm	\$90	VB3-3340	6 Players		
GRADES 6-8							

URADES 0-0					
GROUP	DAYS	TIMES	COST	REGISTRATION CODE	MAX CLASS CAPACIT
Grades 6-8	T & TH	4:30 - 5:30 pm	\$180	VB3-3420	10 Players
Grades 6-8	TUES	4:30 - 5:30 pm	\$90	VB3-3430	6 Players
Grades 6-8	THURS	4:30 - 5:30 pm	\$90	VB3-3440	6 Players

Adult VOLLEYBALL

HOW TO REGISTER

Registration Forms available for download online

at choicehf.com or in-person at Choice Health & Fitness.

Forms and payment can be turned in at the Customer Service Desk.

INDOOR VOLLEYBALL LEAGUE (AGE 16+ YEARS)



Game Times: TBA (check choicehf.com for program updates) **Location:** Choice Health & Fitness Gym

League Cost (+tax): 4-person: \$150 / team | 6-person: \$175 / team

REG. OPENS: AUG. 28 | NO CLASS: NOV. 23 & 26

Stay active this fall and winter with Indoor Volleyball Leagues! Get a group of friends together and enjoy some friendly competition in one of our weekly leagues. Divisions available for every skill level. Schedules are available approximately a week before the first day of competition.

DAYS	LEAGUE DIVISIONS
THURSDAY	Coed 4's, Women's 6's
SUNDAY	Coed 6's (A), Coed 6's (B), Coed 6's (C)

ALL EMBRACING Comp OME CARE • Live Ir



Make a Difference in Someone's Life Today.

Providing non-medical in-home care services for seniors and individuals with disabilities is truly a labor of love.

- Free Training
- Rewarding Career
- Flexible Schedule
- Multiple Shifts Available
- NOW HIRING!

Lovin' on your loved ones.

THANK YOU TO OUR SPONSOR!

Compassionate Care in Your Home 24/7

- Live Independently with Our Assistants
- Customized In-Home Care Services

Wilson 1PAC

- Care for senior citizens
- Care for individuals with special needs
- Residential Habilitation
- Independent Habilitation
- Grooming Guidance
- Family Support
- Meal Prep
- Laundry

701.330.8373

Info@AllEmbracingHC.com www.AllEmbracingHomeCare.com 2211 S. Washington St. - Grand Forks, ND 58201



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)







REG. OPENS: JULY 31

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

TRAI	NER DAYS	TIME	SESS.1COST/CODE	SESS. 2 COST / CODE	SESS. 3 COST / CODE	MAX CAP.
Aus	tin M & W (girls)	4:00 - 4:45 pm	\$87.50 / FT3-32101	\$100 / FT3-32102	\$112.50 / FT3-32103	12
Aus	tin T & TH (boys)	4:00 - 4:45 pm	\$100 / FT3-32201	\$100 / FT3-32202	\$100 / FT3-32203	12

MIDDLE SCHOOL | 12-14 YEARS

TRAINER	DAYS	TIME	SESS.1COST/CODE	SESS. 2 COST / CODE	SESS. 3 COST / CODE	MAX CAP.
Austin	M & W (girls)	4:45 - 5:30 pm	\$87.50 / FT3-32501	\$100 / FT3-32502	\$112.50 / FT3-32503	12
Austin	T & TH (boys)	4:45 - 5:30 pm	\$100 / FT3-32601	\$100 / FT3-32602	\$100/FT3-32603	12

ATHLETIC DEVELOPMENT (AGES 8 - 14)

PRESEASON TRAINING

Get ready for the upcoming winter sports seasons with our preseason 5 or 7 week programs. These tailored private or team training groups will get you game ready by the start of the first game.



ATHLETES 14 & UNDER PRESEASON 5-WEEK PROGRAM



HIGH SCHOOL PRESEASON 7-WEEK PROGRAM

IN-SEASON WINTER SPORTS TRAINING

Stay game-ready throughout the entirety of the season with in-season sport specific training. Tailored training for individuals, teams, or groups to help you stay on top of the competition this season.





SESSION 2 6-WEEK PROGRAM

FOR PRESEASON & INSEASON TRAINING:

Coaches or parent representative contact the trainer of your choice to set up team training schedule.

Contact Info: sportstraining@choicehf.com | 701.746.2790

CHECK OUT ALL OUR TRAINERS ONLINE AT CHOICEHF.COM

FORK

PROUD ACTIVITY SPONSOR G

Register NOW at -www.GFFASTPITCH.com OPEN GYMS BEGIN MARCH 2024

like us on facebook: @GrandForksGirlsFastpitch QUESTIONS? PLEASE EMAIL GFFASTPITCH@OUTLOOK.COM

2024 FEES:

Come join the fun! All experience levels welcome!

Ages 5-18!

8U RAILCATS: #65 100-180: \$200

Scholarship opportunities available! Visit our website for more details!



TAKE YOUR GAME TO THE NEXT LEVEL.

Improve your agility, mobility, power, speed, strength, endurance, and coordination. Choice Health & Fitness Peformance Enhancement Specialists will help you on your journey to turn your potential into optimal performance.

TRAINING OPTIONS

- INDIVIDUAL TRAINING (PRIVATE)
- 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

STRENGTH & CONDITIONING TRAINING GROUPS ARE FORMING NOW!

PRESEASON / IN-SEASON BASEBALL TRAINING Austin Jackson | ajackson.choicehf@gmail.com

FALL HOCKEY TRAINING Chris Langei | clangei@choicehf.com

OFF-SEASON STRENGTH AND CONDITIONING Basketball | Football | Soccer | Volleyball Jared Connell | jconnell@choicehf.com

Individual or Group Training TRAINING AVAILABLE FOR BOTH YOUTH & ADULTS*

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

Trainer: Veronica Lien

BASKETBALL

Improve your performance on the court with strength and conditioning created specifically for basketball players. Trainer: Jared Connell

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.

BASEBALL/SOFTBALL

Improve your performance on the field!

Live pitching and batting and multiple hitting

Trainer: Chris Langei

an

and throwing drills.

Trainer: Austin Jackson

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

OLYMPIC LIFTING

Fix your flaws, tweak your form and increase your personal bests. Trainer: Chris Klatt Improve your performance on the ice with a strength and conditioning program created specifically for skaters. Trainer: Chris Langei



FOOTBALL

specifically for football players Trainer: Jared Connell

Improve your performance on the field

with strength and conditioning created

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



Improve your performance on the court with strength and conditioning created specifically for tennis athletes. Trainer: Jared Connell

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

Trainer: Austin Jackson

LACROSSE

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

Trainer: Nadia Morneau

KING'S WALK GOLFCOURSE NOLD PALMER SIGNATURE COURSE

S301 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
- TournamentsPrivate/Group Lessons

Stay & Play Packages

Eagles Crest Bar & Grill

GOLF THE FALL FOR FREE 1 21 SEPT. 1 - OCT. 31, 2023

Thinking about becoming a member next season? Make your 1st payment (25% of membership cost) on 2024's golf membership and play this fall for free.



HOLIDAY SPECIAL 2023 NOV. 22 - DEC. 20, 2023

3 *anytime* golf rounds and a round in October for only \$109 + tax. Purchase online at **kingswalk.org.**

KING'S WALK AMBASSADOR 2024 MEMBERSHIP DEAL

JAN. APRIL

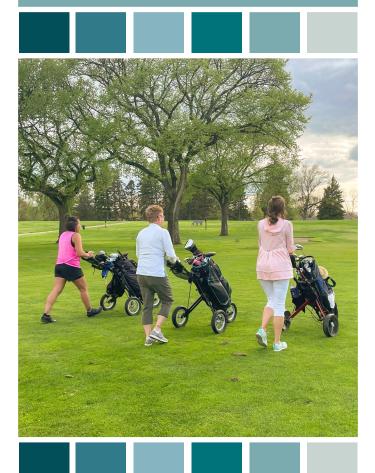
JAN. 1, 2024 - APRIL 1, 2024

Book your 2024 membership by April 1, 2024, and automatically become an Ambassador Member! You will get 10% off at the Pro Shop and Eagles Crest Grill all season; and a complimentary gift.

2024 MEMBERSHIPS *Proposed 2023 Rates are subject to change	RATES
Adult Season	\$1,075 +tax
Adult Plus Spouse Season Ticket	\$1,375 +tax
Family Season Ticket (children up to age 23)	\$1,550 +tax
Senior Non-Restricted (60+)	\$995 +tax
Senior Couple (both 60+)	\$1,095 +tax
Senior Restricted Season Ticket (60+) (Tee off anytime MonFri. & after Noon, Sat. & Sun.)	\$825 +tax
A.M. Players Season Ticket (Monday - Friday, before noon)	\$825 +tax
Intermediate Pass (19-25 yrs. old)	\$550 +tax
*Junior Pass (13-18 yrs. old)	\$235 +tax
*Youth Pass (9-12 yrs. old)	\$160 +tax
PUNCH CARDS	RATES
10 Round Punch Card 9-Holes / Twilight	\$210 +tax
10 Round Punch Card 18 Holes	\$340 +tax

*Some restrictions apply | *punch cards must be used by cardholder only

LINCOLN GOLF COURSE EST. 1909





Lincoln Golf Course

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

SCENIC & HISTORIC GOLF

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 ShopRental Clubs
- Pull & Power Carts
- Snacks & Beverages

2024 RATES | Visit LincolnGolf.org for updated rates.

MULLALLY *JULE 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 <u>free</u> for children and available for use at the clubhouse.



INSPIRING & HEALTH HODD DIDDDD

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

CHOICE HEALTH & FITNESS

4401 S. 11TH STREET | GRAND FORKS, ND | 701-746-2790 CHOICEHF.COM

FACILITY AMENITIES

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

- 75+ Weekly 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

BECOME A MEMBER

MEMBERSHIP RATES	MONTHLY	3-MONTHS
Individual	\$61	\$183
Family*	\$90	\$270
Single Parent Family	\$81	\$243
Youth (thru age 18 or HS)	\$30	\$90
Student*, Senior, or Military Individual	\$51.85	\$155.55
Senior Couple	\$72	\$216
Military Family	\$81	\$243

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	1-Day / \$8	1-Day / \$12	1-Day / \$30
Rates	3-Day / \$13	3-Day / \$20	3-Day / \$50
	7-Day / \$27	7-Day / \$45	7-Day / \$83

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

HOURS OF OPERATION

SUMMER HOURS BEGIN MEMORIAL DAY WEEKEND

MONDAY - THURSDAY 5:00 am - 9:00 pm

FRIDAY 5:00 am - 9:00 pm

SATURDAY 7:30 am - 6:00 pm

SUNDAY 9:00 am - 6:00 pm

CHILDCARE AVAILABLE

SUMMER HOURS BEGIN MEMORIAL DAY WEEKEND MONDAY - THURSDAY

8:30 am - 1:30 pm 3:30 - 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 HOURS ARE SUBJECT TO CHANGE. CHECK CHOICEHF.COM FOR CURRENT HOURS.

GENERAL HOURS BEGIN SEPT. 5TH, 2023

MONDAY - THURSDAY 5:00 am - 10:00 pm

FRIDAY 5:00 am - 9:00 pm

SATURDAY 7:30 am - 8:00 pm

SUNDAY 9:00 am - 8:00 pm

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

GENERAL HOURS BEGIN SEPT. 5TH, 2023

MONDAY - THURSDAY 8:30 am - 1:30 pm 3:30 - 8:00 pm

FRIDAY 8:30 am - 1:30 pm 4:00 - 7:00 pm

SATURDAY 8:30 am - 1:00 pm No evening childcare on Saturday

SUNDAY: CLOSED



Classes Included in AEABERSHIP AT CHOICE HEALTH & FITNESS

Adult Filness | CLASSES

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!

EPIC CYCLING

Interactive cycling class created for people with special needs who have endless possibilities.

DANCE CLASSES

ZUMBA®

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

YOGA CLASSES

GENTLE YOGA

Provides beginners a great introduction to yoga 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.

STRENGTH & TONING CLASSES

LES MILLS BODYPUMP™

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

FULL BODY SCULPT

Effective full-body workout using various equipment such as dumbells, cables, and bands.

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





at Choice Health & Fitzess

*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.







FIT KIDS (5-14 YEARS) -

Location: Choice Kids Zone

Trainer: Staff

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.

5 - 3	7 YE	ARS
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TRAINER	DAY	TIME	SESS.1COST/CODE	SESS. 2 COST/CODE	SESS. 3 COST/CODE
Staff	T & TH	5:00 pm - 5:30 pm	\$76 / FT3-332201	\$76 / FT3-332202	\$76 / FT3-332203
Staff	M & W	5:00 pm - 5:30 pm	\$66.50 /FT3-332601	\$76 / FT3-332602	\$85.50 / FT3-332603

8 - 14 YEARS

TRAINER	DAY	TIME	SESS.1COST/CODE	SESS. 2 COST/CODE	SESS. 3 COST/CODE
Staff	T & TH	5:30 pm - 6:00 pm	\$76 / FT3-333251	\$76 / FT3-333252	\$76 / FT3-333253
Staff	M & W	5:30 pm - 6:00 pm	\$66.50 / FT3-333601	\$76 / FT3-333602	\$85.50 / FT3-333603

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

CHOICE FALL ACTIVITY CAMP (8-14 YEARS) -

Location: ICON/Outdoors

Trainer: Jared Connell

Max Class Capacity: 20

Join Jared for 4 weeks of FUN! Get outdoors and get moving this fall. Participate in safe organized fun including games like capture the flag, freeze tag, red rover, kickball, and many more. Walk-ins are welcome with parental consent form and \$15 for daily pass.

AGES	DAY	TIME	SESS.1COST/CODE	SESS. 2 COST/CODE	SESS. 3 COST/CODE
8-14	TH	6:00 pm - 7:00 pm	\$62 / FT3-336351	\$62 / FT3-336352	\$62 / FT3-336353

at Choice Health & 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 Membership Rates are available, see page 53.

SILVER & FIT AND SILVER SNEAKERS©

Choice Health & Fitness is a part of both Silver & Fit and Silver Sneakers 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.

Adult GROUP TRAINING

AT

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

HOW TO REGISTER



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

SESSION 1





REG. OPENS: JULY 31

Trainer: Chris Langei

ULTIMATE CARDIO

Location: PT Studio

Max Class Capacity: 10

REG. OPENS: SEPT. 25 NO CLASS: NOV. 23 & 24

SESSION 3

OCT

dol

CHOICE HEALTH & FITINES

Registration Forms available for download online at

choicehf.com or in-person at Choice Health & Fitness.

23

Reg. Deadline

Late Fee: \$10

Forms can be turned in at the Customer Service Desk.

DEC

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	5:30 - 6:00 am	\$66.50 / FT3-41101	\$76 / FT3-41102	\$85.50 / FT3-41103

WOMEN ON WEIGHTS CIRCUIT

Trainer: Staff

SEPT.

REG OPENS AUG

Location: Fitness Floor

Max Class Capacity: 8

30-minute strength and cardio class for those that want a quick workout with variety.

DAY	TIME	SESS. 1 COST / CODE	SESS. 2 COST / CODE	SESS. 3 COST / CODE
T & TH	10:30 - 11:00 am	\$76 / FT3-40101	\$76.00 / FT3-40102	\$85.50 / FT3-40103

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 Nadia Morneau for more information or to form a group. AUSTIN JACKSON (AJACKSON.CHOICEHF@GMAIL.COM) | NADIA MORNEAU (NMORNEAU.CHOICEHF@GMAIL.COM)

CHOICE CHALLENGE | FALL

3

NOV

Trainer: Sandy Johnson | Max Class Capacity: 16

Reg. Deadline Late Fee: \$10 group sessions and 3 group exercise, home workouts or cardio workouts each week.

DAY	TIME	LOCATION	COST / CODE
M & W	6:45 pm-7:15 pm	Fitness Floor	\$200 / FT3-44101
T & TH	6:00 am-6:30 am	Fitness Floor	\$200 / FT3-44201



Personal TRANNAG AT CHOICE HEALTH & FITNESS **PERSONALIZED FITNESS** JUST FOR YOU!

Our trainers are 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 RAT	ES 1 PE	RSON	TRAINING	RATI	ES 2 PEOPLE
	Session	Cert. Personal Trainer	Cert. Mast	er Trainer	Cert. Personal Tra	ainer	Cert. Master Trainer
	15 min	\$16.50	\$17.	.50	\$13.50		\$15.50
	30 min	\$31.00	\$35	.00	\$25.00		\$31.00
	45 min	\$42.00	\$46	.50	\$36.50		\$41.50
	60 min	\$52.00	\$58	.00	\$46.00		\$52.00
			OPLE	TRAINING	RATE	S 5+ PEOPLE	
4	Session	Cert. Personal Trainer	Cert. Maste	er Trainer	Cert. Personal T	rsonal Trainer / Cert. Master Trainer	
	15 min	\$11.00	\$12.	00		\$6.00	
	30 min	\$20.00	\$23.	50		\$10.50	
	45 min	\$30.00	\$35.	00	\$14.00		00
	60 min	\$39.50	\$46.	.50	\$17.50		50
				1			
1		OTHER SERVICES		ME	MBERS	NC	ON-MEMBERS
	Body Comp / Girth & Weight			Ş	\$20.00		\$25.00
	Submax Vo ₂ / Posture / Gait			\$20.00 \$25.00		\$25.00	
	Muscle Endurance Battery			ę	\$35.00		\$45.00
	Muscular Strength Testing			Ş	\$35.00		\$45.00
	Fun	ctional Movement Scro	een	\$	\$35.00		\$45.00
		Flexibility & Vertical		Can be	e added at no cha	irge to	any of the above





Privale CLUBS & PROGRAMS

GF WOMEN'S HOCKEY

Recreational hockey league for women!



Location: Gambucci Arena Day: Sundays (*no league Dec. 24 & 31*) Time: 8:00 pm | Cost: \$75

For more information, contact:

Sarah Boese | 218-791-5366

GIRL SCOUTS

"When you're a Girl Scout, you call the shots!" Every Girl Scout has their own curiosity, dreams, and talents so when they come together to decide which of the thousands of Girl Scout activities to try, the sky's the limit. Whether visiting an animal shelter, camping, hosting a dance-off, or filming a movie - they're learning to take risks, trust their gut, and team up with others for good.

Visit gsdakotahorizons.org/join for more info on how to join.

Have Questions?

Call: 800-666-2141 | Email: help@gsdakotahorizons.org

GSDakotaHorizons

WAHOO SWIMMING

The Wahoos are the area's youth USA Swimming team. Swimming is an individual sport with a strong team and social element. Beginners work at their own pace and swim the meets of their choice, but you can be as competitive as you want to be. You don't need to be an expert swimmer in all four strokes to begin. Nobody sits on the bench on our team.

For more info, visit: teamunify.com/team/ndrrvy/page/home

BIO GIRLS

BIO Girls is a self-esteem building program serving girls grades 2 - 6. A BIO Girls site meets for 12 sessions, 90 minutes each - a session combines life-skills lessons, Christian non-denominational devotions, small-group mentoring, and non-competitive physical activity.

For more information, visit: www.biogirls.org

STARS ATHLETICS VOLLEYBALL (GRADES 5 - 12)

2024 SEASON

Stars Athletics offers an encouraging environment where young athletes can develop their volleyball skills and knowledge to their highest ability.

REGISTRATION DEADLINE		
Grades 7-12	November 2023	
Grades 5-6	January 2024	

For registration info, email: starsathletics@hotmail.com

Find additional program info at: GrandForksStarsVolleyball.com

JUNIOR CURLING

2023-24 SESSION



Location: GF Curling Club | 1124 7th Ave. S. Fee: \$50 (includes equipment) Days: Mondays | 4:15 - 5:15 pm

Junior Curling is for beginning and novice curlers 10 years of age and up. The program will focus on skill development as well as advancement in the USCA youth curling program.

For information & registration, contact:

grandforkscurling@gmail.com

GFCurling

GrandForksCurl

FASTBREAK BASKETBALL

Program Fee: \$100 (Late Fee: \$10)

GIRLS 3RD-4TH GRADE | 3 ON 3 Sept. 5 – Oct. 7 (Reg Deadline: Aug. 30)

GIRLS 5TH-8TH GRADE | 3 ON 3 Sept. 5 – Oct. 7 (Reg Deadline: Aug. 30)

BOYS 3RD-4TH GRADE | 3 ON 3 Oct. 16 - Nov. 18 (Reg Deadline: Oct. 11)

BOYS 5TH- 8TH GRADE | 5 ON 5 Oct. 16 - Nov. 18 (Reg Deadline: Oct. 11)

Register at www.gffastbreak.com

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.

For program details and online registration: www.ggfsc.com

f @Greater Grand Forks Soccer Club 🛛 🔁 @GGFSC

FALL RECREATIONAL SOCCER | AGE 4 - 6TH GRADE

- Recreational team practice & play
- August October | Weeknights & Saturdays
- Registration Deadline: August 18, 2023

WINTER ACADEMY PROGRAM | AGES 4-18

- · Indoor skill development sessions and scrimmages
- · Optional indoor tournaments
- · November 2023 February 2024 | Sundays & Weeknights
- Registration opens in September 2023

SPRING RECREATIONAL SOCCER | AGE 4 - 6TH GRADE

- Recreational team practice & play
- April-May 2024 | Weeknights & Saturdays
- Registration opens in March 2024

RED RIVER VALLEY ATHLETICS

2023-2024 SESSION

We help athletes develop active fundamentals for life through recreational and competitive gymnastics, tumbling, and other fitness activities. We have something for everyone ages 12 months to 18 years.

Contact: 701-746-2797

Registration: www.rrvathletics.org

@Red River Valley Athletics

GROUND UP ADVENTURES

INTERESTED IN NON-TRADITIONAL SPORTS?

Then get outside to discover the adventurous Grand Forks. Ground Up Adventures, a local non-profit, offers area youth of all ages the opportunity to develop skills and participate in outdoor adventure-based activities.

BOATHOUSE ON THE RED: Offering rentals of kayaks, canoes, and stand-up paddleboards through Labor Day Weekend.

Hours of Operation:

Saturday & Sunday 12pm - 8pm | Holiday Mondays 12pm - 6pm

Cost (per person): 18+ yrs*: \$15 | 12-17 yrs: \$10 | 11-6 yrs: \$5 Kids 5 & under paddle free!

*UND Students who present their UND ID can paddle for a discounted rate of \$10.

For more information, visit: groundupadventures.com

GRAND FORKS RACE EVENTS

2023-24 RACE EVENTS

Aug. 12	Law Enforcement 10-78 5K
Aug. 19	Jog Your Memory 5K: A Walk to end Alzheimer's
Aug. 25-26	Grand Forks 10 Weekend (10M, 10K, & 5K)
Sept. 8	Get Wet Run Wild - Kids Fun Run
Sept. 16	Northlands Rescue Mission Home Run
Feb. 2024	Frozen Feet
Apr. 28-29	Spring Thaw (Formerly Grand Forks Marathon)

GRAND FORKS RESOURCES

KNOW WHERE TO LOOK

- Grand Forks Park District Activity Guide gfparks.org
- ll C
 - Grand Forks Herald Calendar gfherald.com
 - Greater GF Convention & Visitors Bureau Event Calendar | visitgrandforks.com
- Things to do With Kids in Grand Forks, ND Facebook Community Page
- 🎲 Northern Valley Arts Calendar novac.org
- GGF Young Professionals Event Calendar
- A Extreme Racing Calendar ENDracing.com

SAFE KIDS WHEN IN DOUBT SIT THEM OUT!

SIGNS OF A CONCUSSION IN CHILD OR ADULT

- Headache or "pressure" in head
- Nausea or vomiting
- Bothered by light or noise
- Feeling sluggish, hazy, foggy, or groggy
- Balance problems, dizziness, or double/blurry vision
- Confusion, or concentration or memory problems
- Just not "feeling right," or "feeling down"

SAFE KIDS GRAND FORKS

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



Sponsorship OPPORTUNITIES

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With over 90% of Grand Forks residents using our facilities and programs annually* and 6,000+ games in over 33 facilities, you will be happy you advertised with the Grand Forks Park District. Plus you can feel great about it because all proceeds go back into enhancing and maintaining our community parks and life-enriching facilities (i.e. playgrounds, equipment, etc.). It's a win-win, no-brainer!



SUMMER & WINTER GUIDE

Primary Info Resource for 75% of Program Users*
Delivered to 28,000 households throughout Greater Grand Forks & GF Air Force Base annually



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- 80,000 monthly visits | 14,000+ members
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- Choice Health & Fitness



BASEBALL & SOFTBALL FENCE BANNERS

- Youth, High School, Collegiate, Intramural and State Games/Tournaments
- Ulland Complex, Apollo Complex, and Scheels Sports Complex



HOCKEY DISPLAY BOARDS

- 12,600 Spectators; 3,150 Payers; 400+ Games; and 16 Tournaments in 2021/22 Season
- ICON Sports Center, Purpur/Gambucci Arena,
- Eagles/Blue Line Club Arena



GOLF HOLE SPONSORSHIPS

Season Pass or (25) 18-hole Golf Passes Included
King's Walk Golf Course, Lincoln Golf Course

Wanna make an impact & impression in Grand Forks?

CONTACT STACEY BRORSON TODAY 701.757.5084 | sponsorship@gfparks.org

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

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WEEKEND - Starting at \$20.25/hr (5:00am-5:30pm, Fri-Sun)



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9tparks.org

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- **FS** Community Center Attendants
- Golf Course Maintenance
- 🔚 Arena Worker / Zamboni Drivers



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