the Sold of the So

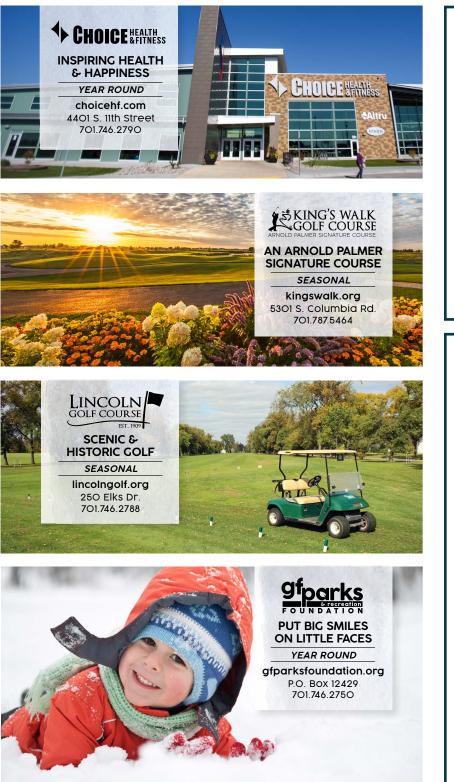
RECREATION | EVENTS | PARKS | FACILITIES

Dedicated to High-Quality Care



GRAND FORKS PARK DISTRICT

Enhancing Lives Since 1905





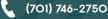
We know it's been a challenging time for everyone. The Grand Forks Park District hopes to brighten-up your fall and winter with our local parks, recreation programs, and life-enhancing facilities. For over a century, we have been honored to enrich life in Grand Forks through healthy, affordable, and accessible programs for all ages and abilities.

COVID-19 MEASURES

YOUR HEALTH AND SAFETY IS OUR TOP PRIORITY.

The Grand Forks Park District is pleased to offer recreational programs this fall / winter. 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. The Grand Forks Park District is operating all programs and facilities based upon the recommendations of the North Dakota Department of Health, National Recreation & Parks Association, and the U.S. Center for Disease Control, and various national sporting associations. For more info on our COVID-19 measures and procedures, visit: gfparks.org/ grand-forkspark-district/covid-19-information/

CONTACT US



.

(1)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

Wednesday | 4:45 pm - 107.9 FM KNOX Thursday | 8:40 am - 1440 AM The Fan

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, Golf Course Superintendent Dan Tannahill, Golf Professional

GF PARKS & REC FOUNDATION

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





Jill Nelson

PHOTO CREDITS: Shawna Noel and Dave Bruner



5

NOV.

LESSONS



5

NOV

SNOWPLOW SAM Lessons Start

GROUP LESSONS (PRE-K & K | MUST BE AT LEAST 4 YRS)

Location: Blue Line Club Arena

ICE SHO

FEB.

Cost: \$70 / Resident | \$110 / 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

DAY	TIME	CODE
THURS	5:45 - 6:15 pm	444001-42
THURS	6:30 - 7:00 pm	444001-44
SAT	2:30 - 3:00 pm	444001-62
SAT	3:15 - 3:45 pm	444001-64
SUN	2:45 - 3:15 pm	444001-72

Caitlin Dahl

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: \$70 / Resident | \$110 / 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.

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.



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

L Figure Skating Instructors

3 Warming House Attendants

Arena Workers/Zamboni Drivers



- Concession Attendants
- 🕌 Golf Course Maintenance

FS Community Center Attendants

A BIG THANKS TO OUR SPONSORS! CORNERSTONE SPONSORS İtru FOUNDING SPONSOR ALERUS

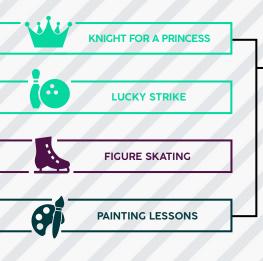


Inside the Guide



Guide to the Guide	4-5
How to Register Registration Form	6-7
Youth Recreation Scholarships Application	8-9
Grand Forks Parks & Recreation Foundation	10-11
Parks & Facility Amenities	12
Outdoor Activities	13
Parks & Trails Map	14-15
Indoor Activities	16-17
Community Events	18-19
Adult Hockey	20
Private Youth Hockey	21
Youth Figure Skating	22-23
Youth Aquatics	24-25
Youth Basketball	26-27
Youth Tennis	28-29
Adult Tennis	30
Youth Racquetball	31
Youth Volleyball	32-33
Adult Volleyball	32-33
King's Walk Golf Course	34
Lincoln Golf Course	35
Choice Health & Fitness	36-37
Youth & Adult Fitness	38-39
Athletic Development: Camps & Programs	40-41
Sport-Specific Training	42-43
Group Training	44-45
Personal Training	46-47
Private Clubs & Programs	48-49
Amazing Activity Guide Sponsors!	50-56

How to Register for FALL/WINTER FUN!



3 WAYS TO REGISTER GFPARKS RECREATION PROGRAMS



FRIENDLY

A STATISTICS

RECONTER NOW

YOUR FIRST STEP TO BIG FUN IS HERE

gfparks%

BUSINESS HOURS



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







EMAIL GFPARKS@GFPARKS.ORG



REGISTER IN PERSON CHOICE HEALTH & FITNESS PROGRAMS





ONLINE REGISTRATION IS MOBILE FRIENDLY







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.

Date

YOUTH PROGRAM REGISTRATION FORM

PLEASE NOTE: YOU CANNOT REGISTER FOR KNIGHT 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 involved ment 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-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 _

ONE CHILD PER FORM PLEASE

CHILD S FIRST AND LAS		PLEASE NOTE: This registration form is only applicable to GF Park District Youth Programs.										
GENDER	BIRTHDATE (MM - DD - YYYY)					CANNOT to Health &						
PARENT/GUARDIAN NA	ME		CIRCLE CHILD'S T YS YM		YXL	AS	АМ	AL	AXL			
ADDRESS			CITY			STATE	ZIP CC	DE				
DAYTIME PHONE #	DNE #		CE	LL PHONE #								
	eather updates, please ct info for email alerts.	EMAIL ADD	DRESS									
DOES PARTICIPANT HA	/E ANY SPECIAL NEEDS \	VE SHOULD BE	AWARE OF (DIABET	ES, CAR-PO	OLING, ASTHN	IA, ETC)?						
PARK (if applicable		CODE (listed i	n Activity Guide)	F	EE		PROGR		\E			
	0.0	0000	-00									
	00	0000	-00									
	00000-00											
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 #:											
SIGNATURE OF CARDHOLDER:												
	PLEASE	MAKE CHECH	KS PAYABLE TO: G	RAND FOR	KS PARK DI	STRICT						

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



vouth recreation REOUEST 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 | jkirkeby@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

- \$ \$
- \$
- \$

- 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
 Racquetball (Youth (Core Str./Agility 8-11 yrs. Only)
- Basketball (Basketball Academy & Advanced Skills Training Only)
- Dance Lessons
- Softball
- Indoor Tennis (Tiny Tots; 10&Under; Tennis Academy Only)
- 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 — 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).





If you qualify for the federal school lunch assistance program AND you are a CF 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 | jkirkeby@choicehf.com)



REGISTER FOR PARK DISTRICT PROGRAMS:

, utdoor Pool Pass • Baseball • Golf • Ice Skating • Iust 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 Co 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).



Service of the service of the servi



Through the appleteness of the Equivalentian the Grand Early Dearly District is committed to the development

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 8+ 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 Fall 2020/Spring 2021. If you would like to honor our local veterans and support this project, contact us.

RYDELL SKATEPARK -

@ KANNOWSKI PARK

In September 2018, Phase 1 of the relocated, updated skatepark was complete and now skaters of all ages and their families 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

LAW ENFORCEMENT MEMORIAL-

@ OPTIMIST PARK (New in 2020)

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 KRAFT FIELD (New in 2020)

Through the efforts of families, fans, community advocates, and with the assistance of the GF Park District, we hope to renovate and renew the iconic youth baseball stadium, Kraft Memorial Field, to its original condition.

Not only will this much-needed renovation 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 during tournament play, but it will also demonstrate our investment in Babe Ruth Baseball, Cal Ripken Baseball, High School Baseball, UND Club Teams, and American Legion Baseball as an integral part of our community and region.

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

Feb. 11th, the Date 2021

9fparks.org 11

GIVING HEARTS DAY

24-HOUR ONLINE FUNDRAISER



On February 11, 2021, go to **CIVINGHEARTSDAY.ORG** and donate \$25 to help a child.

Your gift will be matched through Dakota Medical Foundation's 24-hour online fundraising campaign, allowing us to 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.



Something Fun for Everyone PARK & FACILITY AMENITIES

	PROUD TO BE SMOKE-F Honored to be tobacco facilities owned and op	REE AT EVERY PARK -free at all youth po erated by the GF Pc			BASEBALL & SOFTBALL BASKFTBALI	CONCESSIONS	DRIVING RANGE	DOC PARK	EXERCISE	FAMILY CENTER	FICHAL	FRISBEE COLF	FOOTBALL	COLF COURSE & PRO SHOP	HORSESHOES INDOOR SKATING ARENA	OUTDOOR SKATING RINK	& WARMING HOUSE INDOOR PLAYGROUND	MEETING ROOMS	PARKING LOT	PICKLEBALL	PICNIC TABLES	PICNIC SHELTER	PLAYGROUND	SKATEPARK (RAMPS/BOWL)		soccer	SPRAY PARK	SWIMMING POOLS	TENNIS VOLLEYBALL	WALKING TRAIL
_	Park District Main Office	1060 47th Ave. S.	701.746.2750	<u> </u>	4																	_								-
	BASEBALL/SOFTBALL FIELDS	1080 47th Ave. S.	701.746.2750								-				_					_		-					_			-
D-5	Apolio Sports Complex / Kraft Field	2511 17th Ave. S	701.746.2760		•						-	-							•	_	•		• •	,	-		_		-	-
	Scheels Sports Complex	4301 S. 20th St.	/01./40.2/00		•														•		-								-	-
8	Ulland Complex	2401 47th Ave. S.	701.746.2761	•	•		,				-					-			•		•		•	,	-	•			-	•
	FITNESS / COMMUNITY CENTERS																												-	
F-7	Choice Health & Fitness	4401 S. 11th St.	701.746.2790						•		,							•	•					,				•	• •	
	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				•	\vdash					\vdash	•					•			┥	•		1					•
	Lincoln Golf Course	250 Elks Dr.	701.746.2788	•			_							•					•										•	•
_	ICE ARENAS							\vdash					\vdash																	É
_	Eggles & Blue Line Club Areng	1900 S. 25th St.	701.746.2769					\vdash					\vdash		•				•											
	Fido Purpur & Gambucci Arena	1122 7th Ave. S	701.746.2764				_	\vdash		•			\vdash		•		•		•				• •							
<u> </u>	ICON Sports Center	1060 47th Ave. S.	701.746.2750				_									,			•											•
_	Eiks Pool	1002 13th Ave. S.	701.746.2780		•								•						•			•	•	,			•	•		-
• •	Riverside Pool	1810 N. 1st St.	701.740.1497	•							•	•						•	•			•	•		•				•	•
			/01./40.14//															-				-			-					
	ARKS & SHELTE	EKS																												
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																•				•	•		٠			•	•
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	37O2 6th Ave. N.	701.746.2775		• •	•											•		•				•							
D-5	Haake Strip Park	Bike path between	1 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		•												•						•	• 🗌						
	Kiwanis Park (North Park)	3851 S. 34th St.																					•							
	Kiwanis Park (South Park)	4100 S. 32nd St.																					•							
G-4	Lincoln Drive Park	120 Euclid Ave.	701.740.1826	•				•		•	•	٠			•		_	٠	•		•	•	•	· 📘	•				• •	•
	Lions Park		701.746.2782	•				Ц									•		•				•	<u> </u>		•			•	
	Masonic Park	1950 40th Ave. S.		•				Ц											•		•		•							•
	Midtown Park	4O2 N. 6th St.			•																		•							
	Optimist Park	4600 Cherry St.	701.746.2784	•	•			Ц									•		•			•	•	<u> </u>					•	•
	Prime Steel Park	3900 14th Ave. S.						\square													•		•							
	Richards West Park	4700 6th Ave. N.	701.787.3487		•			\square													•		•			•				
· · ·	Riverside Park	1810 N. 1st St.	701.215.9469	•	•	•	2	\square			•	-					•	٠	•		•	•	•	<u>}</u>	•			•	•	•
-	Ryan Park / Ryan Lake	2001 47th Ave. S.		•				\square			•																			•
1	Sertoma Park (Japanese Garden)	3300 11th Ave. S.		•				\square											•		•	•	•	2						•
1	Skidmore Park	1210 N. 5th St.						\square		•	-														_		_			4_
	Symington Park	1801 24th Ave. S.						\square											•	•									•	4
_	University Park	320 N. 25th St.	701.746.2778		•			\square		•					•		•	•	•		•	•	•	2			•		•	•
	Veterans Memorial Park	2357 S. 34th St.						\square			_								•			_			_		_		-	4
-	Williamson Park	1020 7th Ave. S.						\square			_		•									_	•		_		_		-	4
E-4	Wilmar Park	904 S. 16th St.			•										•								•							

gfparks.org

Get Out and Play OUTDOOR FUN



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.

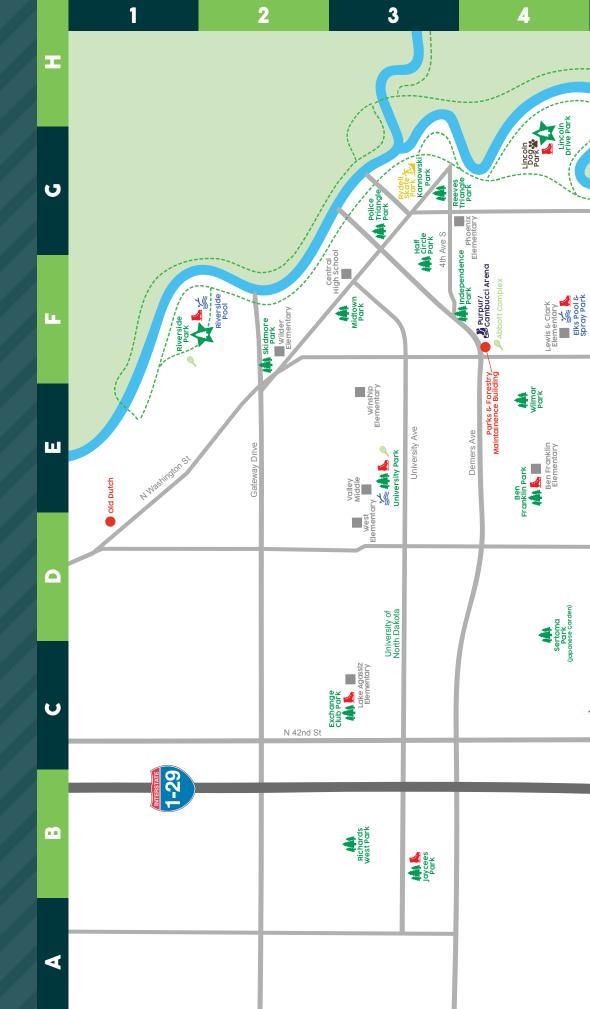
INFORMATION LINE: 701.787.3499

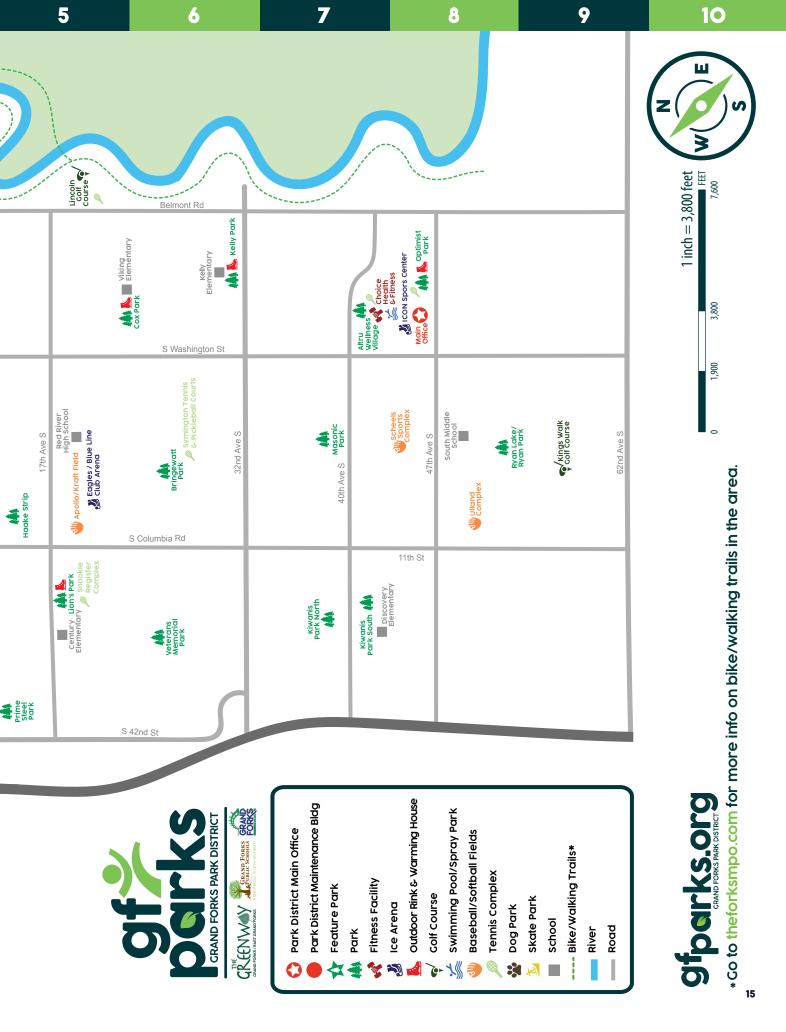
WARMING HOUSE BUILDING HOURS (WEATHER PERMITTING)						
Monday - Friday	3:30 - 8:30 pm					
Saturday & Sunday	12:00 - 8:30 pm					
Holiday Break Dec. 23 - Jan. 3 (Closed Dec. 24-25)	12:00 - 8:30 pm					

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



PARKS & TRAILS MAP







PUBLIC SKATING



NO PUBLIC SKATING: November 11, 26 | December 26, 31 | January 16 PLEASE NOTE: No sticks or pucks are allowed on the ice during public skating

LOCATION	DAYS/TIME	*FEES
Blue Line Club Arena	Thursday 8:00 pm - 9:30 pm	\$3 (18 & under) \$4 (adult)
Blue Line Club Arena	Saturday 4:45 pm - 6:45 pm	No Charge (no supervision)
Blue Line Club Arena	Sunday 1:00 pm - 2:30 pm	\$3 (18 & under) \$4 (adult)
Blue Line Club Arena	Sunday 7:45 pm - 9:45 pm	\$3 (18 & under) \$4 (adult)
ICON Sports Center	Monday - Thursday 12:00 pm - 1:30 pm	No Charge (no supervision)

* There is no charge for any indoor public skating session for skaters enrolled in group lessons or youth hockey. You must present group skating badge or wear youth hockey jersey.

HOCKEY & ICE SKATING ARENAS

ARENA	LOCATION	OPEN/CLOSING DATES
Eagles Arena	1900 25th Street South	Open: September 26 - April 20
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

Nick Arola | narola@gfparks.org | 701-787-2808

TO VIEW ICE SCHEDULES

Visit: gfparks.org/arena-calendars

* For rental policies and additional information, see page 21.

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!

DATES

First Season Community Center Phone Number: 701.746.2763

ADMISSIONChildren (2-10 Yrs)\$3.00 / Child (2-hour limit)Daycare Pass\$75 (2020-2021 Season)AdultsFREE (with child's paid admission)

MARC

FSCC HOURS OF OPERATION					
Monday - Friday	10:00 am - 3:00 pm				
Saturday	10:00 am - 5:00 pm				
Sunday	CLOSED				

PAINTING LESSONS

RICHARDS WEST STUDIO | 4700 6TH AVE. N.

Adult classes for beginners to advanced painters.

Max Class Limit: 8 Painters | Face Masks Required.

HOW TO REGISTER:





12-8

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	\$50	124234-02
TUES	9:30 am - 12:00 pm	\$50	124234-04
WED	9:30 am - 12:00 pm	\$50	124234-06
WED	12:30 pm - 3:00 pm	\$50	124234-08
THURS	9:30 am - 12:00 pm	\$50	124234-10
THURS	6:30 pm - 9:00 pm	\$50	124234-12

OPEN GYM

Due to COVID-19, the Open Gym program has been cancelled for the 2020-2021 school year.

THANK YOU TO OUR ACTIVITY GUIDE SPONSOR! FRANDSEN BANK & TRUST

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



Mahle You'r Calenda'r WINTER EVENTER

UND

PLEASE NOTE: Events are subject to change. When possible, the Grand Forks Park District is making changes to our events that adapt to social distancing. If the North Dakota Department of Health does not recommend events of a certain size, we plan to postpone the event or issue refunds/credits. We are in this together Grand Forks!

FUN EVENTS FOR THE WHOLE FAMILY!

MOST OF OUR 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.

SANTA VILLAGE — SANTA'S WORKSHOP IN LINCOLN CLUBHOUSE



11-13 DEC. **18-20** DEC. December 11-13 December 18-20

Location: Lincoln Golf Course Clubhouse (Elks Drive & Belmont Road)

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

Santa and his elves will set up their workshop at Lincoln Golf Course Clubhouse this December! Everyone is welcome to meet Santa's elves and make a holiday craft or two. Come meet Santa and Mrs. Claus on Saturdays and Sundays. Take a ride on a horse-drawn sleigh (Sat. & Sun. / weather permitting) or stop in to look at the beautifully adorned trees and sip some cocoa.

SANTA VILLAGE GENERAL PUBLIC TIMES:

Friday:	4:00 pm - 8:00 pm
Saturday:	10:00 am - 8:00 pm
Sunday:	12:00 pm - 6:00 pm

PRIVATE GROUPS & DAYCARE TIMES:

Open on weekdays by appointment only. *Santa on-site 1:00 - 5:00 pm Saturday/Sunday ONLY

HOST YOUR HOLIDAY PARTY AT SANTA VILLAGE!

Santa Village is available for rentals Dec. 1 - Feb. 1 | **Cost:** \$250 **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 Admission: FREE Join us for a matinee showing (movie TBA) and open skating! Adult supervision is suggested. Concessions will be open but make sure

to pack your skates as ice skate rental will not be available.

EVENT SCHEDULE:

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



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

Admission: FREE Join us for a snow-filled day of ski clinics, cross-country skiing on groomed trails, ice skating, snowshoeing, sledding,

korse-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 Ski Day! We would like to say a big thanks to Leighton Broadcasting, and the Ski & Bike Shop for their support!

A FAIRYTALE NIGHT FOR DADDY & DAUGHTER



Time: 6:00 - 9:00 pm Location: Alerus Center Cost: \$60/couple (\$30/person) Cost includes t-shirt for each young lady

Registration begins: Dec. 1, 2020

Feb. 12 419211-01	in-person
Feb. 13 419211-02 (<i>Pre-registration r</i>	
Feb. 19 419211-03 Attention, little princ	cesses!
Feb. 20 419211-04 The GF Park District young ladies under	

of 16 and a special escort (i.e. daddy, grandpa, uncle) to attend a Knight for a Princess. 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.

LUCKY STRIKE BOWLING

Time: 3:00 - 6:00 pm

BOWL-A-RAMA





Location: Red Ray Lanes Cost: \$20/player (includes pizza & prizes!) Registration begins: Dec. 1, 2020

DAY	ACTIVITY CODE	How to Register:
March 20	412012-01	🖳 🗠 🖄 🏹
March 21	412012-02	gfparks.org by mail email in-person (Pre-registration required)

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





Take the Shot! ADULT HOCKEY

GRAND FORKS PARK DISTRICT SLOW HOCKEY LEAGUE 20 YRS & OVER | 40 YRS & OVER

Cost: \$115 / resident \$185 / non-resident Location: Blue Line Club Arena **4 - 24** NOV. FEB.

How to Register: Sign-up at BLC Arena on registration night

Registration Night: November 4*

*Bring all equipment as play will start registration night.

Supervisor: Rick Palmiscno

LEAGUE	40 & OVER	20 & OVER
NIGHT	LEAGUE TIME	LEAGUE TIME
Wednesday	5:45 pm	7:00 pm & 8:15 pm

GRAND FORKS PARK DISTRICT ASSOCIATE/INTERMEDIATE HOCKEY LEAGUE 18 YEARS & OVER

Cost: \$115 / resident \$185 / non-resident Location: Purpur Arena



Teams are formed at the rink each night.

Associate League: A laid-back hockey league designed for recreational hockey players of all abilities. Intermediate League: A more competitive hockey league designed for skaters with some high school experience.

How to Register: Sign-up at Purpur Arena on registration night

Registration Night: November 8*

*Bring all equipment as play will start registration night.

Supervisor: Jon Larson

LEAGUE NIGHT	ASSOCIATE LEAGUE TIME (Times rotates monthly)	INTERMEDIATE LEAGUE TIME (Time rotates monthly)
Sunday	5:45 pm	7:00 pm

PLEASE NOTE: Program offerings are subject to change. When possible, the GF Park District has made changes to our programs that adapt to social distancing. If the ND Dept. of Health does not recommend recreational programming, we plan to postpone the programs or issue refunds/credits. We are in this together Grand Forks!

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 CF Park District has six ice arenas with ice available for rent!

CONTACT

Nick Arola | narola@gfparks.org | 701-787-2808

TO VIEW ICE SCHEDULES

Visit: gfparks.org/arena-calendars

ARENA	LOCATION	OPEN/CLOSING DATES
Eagles Arena	1900 25th Street South	Open: September 26 - April 20
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 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 YOUTH HOCKEY

GF YOUTH HOCKEY ASSOCIATION YOUTH HOCKEY PROGRAMS

The Grand Forks Youth Hockey Association offers hockey programming for girls & boys ages 5 to 14 years.



GRANDFORKSYOUTHHOCKEY.COM

Please Note: All players must also register with USA Hockey at usahockey.com

***NOT OPERATED BY THE GF PARK DISTRICT**

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		
Nov. 16 8:15 - 10:00 PM		
Nov. 17 8:15 - 10:00 PM		
Nov. 19 8:15 - 10:00 PM		

STALLION TOURNAMENT: Jan. 1-3 | Purpur/Gambucci Arena

STALLIONS CONTACTS: Travis Hagen: 701.740.1544 Joy Hagen: 701.740.2158





Jump, Twill, & Glide



Learn To Skate USA lessons support skaters of all ages with each skater receiving at least a 30-min group lesson and 15-min of open practice time each week. Every skater receives a "Skate With Us" badge that acts as admission pass during open public skating sessions at Blue Line Club Arena.

SESSION DATES





OPEN REGISTRATION:

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



ONLINE ONLY (\$10 late fee added Nov. 10-11) **NO REGISTRATION AFTER NOV. 11**

NO LESSONS: NOV. 26, DEC. 19 - JAN. 5, JAN. 16

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

COVID-19 NOTICE: Hands-on instruction will be limited during lessons and the 15-min break between lessons (used for practice in past years) will now be used to separate participants as the enter and exit the rink in order to correctly and safely implement social distancing. Program offerings are subject to change. When possible, the GF Park District has made changes to our programs that adapt to social distancing. If the ND Dept. of Health does not recommend recreational programming, we plan to postpone the programs or issue refunds/credits. COVID-19 protocol will be sent to all families after registration.

SNOWPLOW SAM GROUP LESSONS



(PRE-K & K | MUST BE AT LEAST 4 YRS)

Location: Blue Line Club Arena Cost: \$70 / Resident | \$110 / 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
THURS	5:45 - 6:15 pm	444001-42
THURS	6:30 - 7:00 pm	444001-44
SAT	2:30 - 3:00 pm	444001-62
SAT	3:15 - 3:45 pm	444001-64
SUN	2:45 - 3:15 pm	444001-72
SUN	3:30 - 4:00 pm	444001-74
SUN	5:00 - 5:30 pm	444001-76

PRE-SCHOOL OPEN SKATING



(PRE-SCHOOL LESSONS NOT OFFERED IN 2020/21) Location: ICON Sports Center | Cost: Free Supervision not provided. No registration required.

DAY	TIME
MON	9:30 - 10:30 am
TUES	1:15 - 2:15 pm
WED	9:30 - 10:30 am
THURS	1:15 - 2:15 pm

BASIC SKILLS BEGINNER Lessons Start **GROUP LESSONS**

5

(IST GRADE - 8TH GRADE)

Location: Blue Line Club Arena Cost: \$70 / Resident | \$110 / 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
THURS	6:30 - 7:00 pm	444000-42
THURS	7:15 - 7:45 pm	444000-44
SAT	3:15 - 3:45 pm	444001-64
SAT	4:00 - 4:30 pm	444001-66
SUN	4:15 - 4:45 pm	444000-72
SUN	5:00 - 5:30 pm	444000-74

BASIC SKILLS INTERMEDIATE GROUP

LESSONS (MUST HAVE PASSED BASIC SKILLS 1)

Location: Blue Line Club Arena

Cost: \$70 / Resident | \$110 / 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

 THURS
 7:15 - 7:45 pm
 444006-42

 SAT
 4:00 - 4:30 pm
 444006-62

 SUN
 4:15 - 4:45 pm
 444006-72

 SUN
 5:00 - 5:30 pm
 444006-74

BASIC SKILLS ADVANCED AND FREESKATE LESSONS



5

NOV

(MUST HAVE PASSED BASIC SKILLS 3)

Location: Blue Line Club Arena

Cost: \$80 / Resident | \$120 / 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
SAT (1:15-2:15 pm) & SUN (5:45 - 6:30 or 6:45-7:30 pm)	444007-62
*electors will be divided into any upp for Oundour evening during tet lesses	

*skaters will be divided into groups for Sunday evening during 1st lesson

LOCATION
Blue Line Club Arena
Blue Line Club Arena

ADULT GROUP LESSONS Lessons (HIGH SCHOOL & OLDER)



Location: Blue Line Club Arena Cost: \$70 / Resident | \$110 / 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
SAT	4:00 - 4:30 pm	444002-62

ANNUAL ICE SHOW



March 6 | 5:00pm March 7 | 2:00pm Location: Purpur Arena FREE Event! Open to the Public

Ice Show Practices: Feb. 13 - March 5





BORDER BLADES

🀔 *NOT OPERATED BY THE 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 info 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, BBFSC offers a non-competitive, beginner line. To learn more about the Synchronized Skating program, contact: synchro@borderblades.org



Dive into Fun SVIM INDOORS

CHOICE HEALTH CHOICE & 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 -

SUMMER HOURS BEGIN AFTER MEMORIAL DAY	GENERAL HOURS BEGIN AFTER LABOR DAY
M-F: 6:30 am - 7:00 pm	M-F: 6:00 am - 8:00 pm
SAT: 8:00 am - 1:30 pm	SAT: 8:00 am - 5:00 pm
SUN: CLOSED	SUN: 11:00 am - 5:00 pm

Youth SWIMMING LESSONS

HOW TO REGISTER



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

FALL SESSION DATES



SEPT. OCT. Reg. Deadline Late Fee: \$10 REG. OPENS: AUG. 3



SESSION 3 16-19 NOV. PEC. Reg. Deadline Reg. OPENS: OCT. 19 NO CLASS: NOV. 25, 26, 28, DEC. 16, 17

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	SESS. 1 CODE	SESS. 2 CODE	SESS. 3 CODE
WED	6:00 - 6:30 pm	\$46 / \$62 (non-mem)	AQ3-3101	AQ3-3102	AQ3-3103

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.

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	SESS. 1 CODE	SESS. 2 CODE	SESS. 3 CODE
MON	6:00 - 6:30 pm	\$46 / \$62 (non-mem)	AQ3-3501	AQ3-3502	AQ3-3503

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	SESS. 1 CODE	SESS. 2 CODE	SESS. 3 CODE
M & W	10:30 - 11:00 am	\$76 / \$116 (non-mem)	AQ3-4101	AQ3-4102	AQ3-4103
M & W	5:00 - 5:30 pm	\$76 / \$116 (non-mem)	AQ3-4201	AQ3-4202	AQ3-4203
T & TH	5:00 - 5:30 pm	\$76 / \$116 (non-mem)	AQ3-4501	AQ3-4502	AQ3-4503

PLEASE NOTE: Program offerings are subject to change. When possible, Choice Health & Fitness has made changes to our programs that adapt to social distancing. If the North Dakota 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!

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	SESS.1CODE	SESS. 2 CODE	SESS. 3 CODE
M & W	10:30 - 11:00 am	\$76 / \$116 (non-mem)	AQ3-51101	AQ3-51102	AQ3-51103
M & W	4:30 - 5:00 pm	\$76 / \$116 (non-mem)	AQ3-51201	AQ3-51202	AQ3-51203
M & W	5:00 - 5:30 pm	\$76 / \$116 (non-mem)	AQ3-51251	AQ3-51252	AQ3-51253
M & W	5:30 - 6:00 pm	\$76 / \$116 (non-mem)	AQ3-51301	AQ3-51302	AQ3-51303
T & TH	4:00 - 4:30 pm	\$76 / \$116 (non-mem)	AQ3-51501	AQ3-51502	AQ3-51503
T & TH	4:30 - 5:00 pm	\$76 / \$116 (non-mem)	AQ3-51551	AQ3-51552	AQ3-51553
T & TH	5:00 - 5:30 pm	\$76 / \$116 (non-mem)	AQ3-51601	AQ3-51602	AQ3-51603
SAT	9:00 - 9:30 am	\$38 / \$58 (non-mem)	AQ3-51801	AQ3-51802	AQ3-51803

LEVEL 2 | PERCH (KICKS & GLIDES)

DAYS	TIME	COST	SESS.1CODE	SESS. 2 CODE	SESS. 3 CODE
M & W	4:30 - 5:00 pm	\$76 / \$116 (non-mem)	AQ3-52101	AQ3-52102	AQ3-52103
M & W	5:00 - 5:30 pm	\$76 / \$116 (non-mem)	AQ3-52201	AQ3-52202	AQ3-52203
M & W	5:30 - 6:00 pm	\$76 / \$116 (non-mem)	AQ3-52251	AQ3-52252	AQ3-52253
T & TH	4:00 - 4:30 pm	\$76 / \$116 (non-mem)	AQ3-52501	AQ3-52502	AQ3-52503
T & TH	4:30 - 5:00 pm	\$76 / \$116 (non-mem)	AQ3-52551	AQ3-52552	AQ3-52553
T & TH	5:00 - 5:30 pm	\$76 / \$116 (non-mem)	AQ3-52601	AQ3-52602	AQ3-52603
SAT	9:30 - 10:00 am	\$38 / \$58 (non-mem)	AQ3-52801	AQ3-52802	AQ3-52803

LEVEL 3 | BASS (FREESTYLE & ELEMENTARY BACKSTROKE)

DAYS	TIME	COST	SESS. 1 CODE	SESS. 2 CODE	SESS. 3 CODE
M & W	4:30 - 5:00 pm	\$76 / \$116 (non-mem)	AQ3-53101	AQ3-53102	AQ3-53103
M & W	5:30 - 6:00 pm	\$76 / \$116 (non-mem)	AQ3-53201	AQ3-53202	AQ3-53203
T & TH	4:00 - 4:30 pm	\$76 / \$116 (non-mem)	AQ3-53501	AQ3-53502	AQ3-53503
T & TH	4:30 - 5:00 pm	\$76 / \$116 (non-mem)	AQ3-53551	AQ3-53552	AQ3-53553

LEVEL 4 | WALLEYE (BACKSTROKE & TREADING)

DAYS	TIME	COST	SESS. 1 CODE	SESS. 2 CODE	SESS. 3 CODE
M & W	6:00 - 6:30 pm	\$76 / \$116 (non-mem)	AQ3-54301	AQ3-54302	AQ3-54303

LEVEL 5 | NORTHERN PIKE (BREAST & SIDESTROKE)

DAYS	TIME	COST	SESS. 1 CODE	SESS. 2 CODE	SESS. 3 CODE
M & W	6:00 - 6:30 pm	\$76 / \$116 (non-mem)	AQ3-55301	AQ3-55302	AQ3-55303

LEVEL 6 | MUSKIE (BUTTERFLY & MASTER ALL SKILLS)

DAYS	TIME	COST	SESS. 1 CODE	SESS. 2 CODE	SESS. 3 CODE
M & W	6:00 - 6:30 pm	\$76 / \$116 (non-mem)	AQ3-56301	AQ3-56302	AQ3-56303





PLEASE NOTE: Program offerings are subject to change. When possible, Choice Health & Fitness has made changes to our programs that adapt to social distancing. If the North Dakota 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!

Youth BASKETBALL



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)

8 - 21 SEPT. NOV. 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: CJ Cano or Lisa Rollefstad | sports@choicehf.com | 701.746.2790

REG. OPENS: AUG. 3 NO CLASS: OCT. 22, 24, NOV. 11

	GRADES K-1				
DAYS TIME		COST	REGISTRATION CODE	MAX CLASS CAPACITY	
	M & W	3:30 - 4:30 pm	\$180	BB3-3110	12 Players
	MON	3:30 - 4:30 pm	\$90	BB3-3120	12 Players
	WED	3:30 - 4:30 pm	\$90	BB3-3130	12 Players
	SAT	8:00 - 9:00 am	\$90	BB3-3140	12 Players

GRADES 2-3

DAYS	TIME	COST	REGISTRATION CODE	MAX CLASS CAPACITY			
M & W	4:30 - 5:30 pm	\$180	BB3-3210	12 Players			
MON	4:30 - 5:30 pm	\$90	BB3-3220	12 Players			
WED	4:30 - 5:30 pm	\$90	BB3-3230	12 Players			
SAT	SAT 9:00 - 10:00 am		BB3-3240	12 Players			
GRADES 4-6							
DAYS	TIME	COST	REGISTRATION CODE	MAX CLASS CAPACITY			
SAT	10:00 - 11:00 am	\$90	BB3-3340	12 Players			

MVP BASKETBALL ACADEMY (GRADES 4 - 7) -



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.

TIME	COST	REGISTRATION CODE	MAX CLASS CAPACITY	
3:30 - 4:30 pm	\$210	BB3-4350	12 Players	
3:30 - 4:30 pm	\$110	BB3-4360	12 Players	
TIME	COST	REGISTRATION CODE	MAX CLASS CAPACITY	
4:30 - 5:30 pm	\$210	BB3-4450	12 Players	
4:30 - 5:30 pm	\$110	BB3-4460	12 Players	
	TIME 3:30 - 4:30 pm 3:30 - 4:30 pm TIME 4:30 - 5:30 pm	TIME COST 3:30 - 4:30 pm \$210 3:30 - 4:30 pm \$110 TIME COST 4:30 - 5:30 pm \$210	3:30 - 4:30 pm \$210 BB3-4350 3:30 - 4:30 pm \$110 BB3-4360 TIME COST REGISTRATION CODE 4:30 - 5:30 pm \$210 BB3-4450	

Contact Info: CJ Cano or Lisa Rollefstad | sports@choicehf.com | 701.746.2790



gfperks.org 27





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

REG. OPENS: AUG. 3 NO CLASS: OCT. 3, 10, NOV. 4, 11, 14

AGES	DAYS	TIME	COST	REGISTRATION CODE
3-5	WED	1:10 - 1:55 pm	\$64	TN3-310
3-5	SAT	10:45 - 11:30 am	\$64	TN3-350

PLEASE NOTE: Program offerings are subject to change. When possible, Choice Health & Fitness has made changes to our programs that adapt to social distancing. If the North Dakota 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!

10 & UNDER TENNIS (5 - 10 YEARS)



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: AUG. 3 NO CLASS: OCT. 1, 3, 8, 10, 19, NOV. 11

10 & UNDER TENNIS	BEGINNER			
AGES	DAYS	TIME	COST	REGISTRATION CODE
5-6	THURS	3:30 - 4:30 pm	\$81	TN3-4110
5-6	SAT	11:30 am - 12:30pm	\$81	TN3-4120
7-8	WED	4:00 - 5:00 pm	\$99	TN3-4140
9-10	WED	5:00 - 6:00 pm	\$110	TN3-4170

10 & UNDER TENNIS	INTERMEDIATE

AGES	DAYS	TIME	COST	REGISTRATION CODE
5-6	THURS	3:30 - 4:30 pm	\$81	TN3-4210
5-6	SAT	11:30 am - 12:30pm	\$81	TN3-4220
7-8	M&W	4:00 - 5:00 pm	\$209	TN3-4240
9-10	M&W	5:00 - 6:00 pm	\$209	TN3-4270

10 & UNDER TENNIS | ADVANCED

AGES	DAYS	TIME	COST	REGISTRATION CODE
5-6	T & TH	3:30 - 4:30 pm	\$171	TN3-4310
7-8	M & W	4:00 - 5:00 pm	\$209	TN3-4340
9-10	M & W	5:00 - 6:00 pm	\$209	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: AUG. 3 NO CLASS: OCT. 1, 8, 20

TENNIS ACADEMY | BEGINNER

AGES	DAYS	TIME	COST	REGISTRATION CODE
11-14	TUES	6:00 - 7:00 pm	\$110	TN3-5110
11-14	T & TH	6:00 - 7:00 pm	\$209	TN3-5120
15-18	TUES	6:00 - 7:00 pm	\$110	TN3-5150
15-18	T & TH	6:00 - 7:00 pm	\$209	TN3-5160

AGES	DAYS	TIME	COST	REGISTRATION CODE	
11-14	T & TH	4:30 - 5:30 pm	\$209 \$284 (non-mem)	TN3-5210	
15-18	T & TH	7:30 - 9:00 pm	\$304 \$379 (non-mem)	TN3-5250	

TENNIS ACADEMY | ADVANCED

AGES	DAYS	TIME	COST	REGISTRATION CODE
11-14	T & TH	4:30 - 5:30 pm	\$304 \$379 (non-mem)	TN3-5310
15-18	T & TH	7:30 - 9:00 pm	\$304 \$379 (non-mem)	TN3-5350

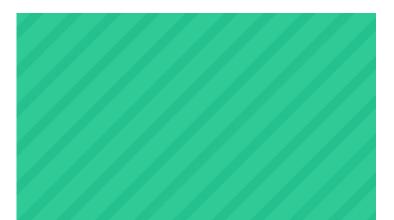
TENNIS ACADEMY | ELITE

AGES	DAYS	TIME	COST	REGISTRATION CODE
15-18	T & TH	7:30 - 9:00 pm	\$304 \$379 (non-mem)	TN3-5450









INTRO TENNIS SERIES

(FIRST LESSON IS FREE!)

Location: Choice Health & Fitness Cost: \$50

Max Class Capacity: 12 Players

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 -



Available to members only* Register online at **choicehf.com**

NEW! ONLINE REGISTRATION

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.

FALL SESSION 1	DATES	CODE
MON 7:30 - 8:30 pm	Sept. 14, 21, 28, Oct. 5, 12, 26	TN3-2101
TUES 10:30 - 11:30 am	Sept. 15, 22, 29, Oct. 6, 13, 27	TN3-2201

FALL SESSION 2	DATES	CODE
MON 7:30 - 8:30 pm	Nov. 9, 16, 23, 30, Dec. 7, 14	TN3-2102
TUES 10:30 - 11:30 am	Nov. 10, 17, 24, Dec. 1, 8, 15	TN3-2202

TENNIS DRILLS

(NO PRE-REGISTRATION REQUIRED)

Location: Choice Health & Fitness

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
SAT	9:00 - 10:30 am

PRIVATE LESSONS

Contact one of the tennis professionals at Choice Health & Fitness for more information and to schedule a time. tennis@choicehf.com | 701.746.2790





Youth RACQUETBALL

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.

YOUTH RACQUETBALL ACADEMY (GRADES 4 - 8)

30 8

Location: Choice Health & Fitness Racquetball Courts

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.

SEPT.	NOV.	
REGISTRAT		NS: AUG. 3

DAY	TIME	COST	REGISTRATION CODE	MAX CLASS CAPACITY
TUES	4:30-5:30 pm	\$88/\$118*	RB3-3620 (*with kit: RB3-3630K)	6 Players

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

PLEASE NOTE: Program offerings are subject to change. When possible, Choice Health & Fitness has made changes to our programs that adapt to social distancing. If the North Dakota 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!





Youth VOLLEYBALL

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.

14 Players

VOLLEYBALL ACADEMY (GRADES 4 - 8)



Location: Choice Health & Fitness Gym Program designed to develop the basic skills of volleyball through skill development sessions and lessons with volleyball instructors. Contact Info: CJ Cano | sports@choicehf.com | 701.746.2790

VB3-3440

REG. OPENS: AUG. 3 NO CLASS: SEPT. 25, OCT. 23

GRADES 4 - 5

DAYS	TIMES	COST	REGISTRATION CODE	MAX CLASS CAPACITY
TUES & FRI	T: 5:45 - 6:45 pm F: 3:30 - 4:30 pm	\$126	VB3-3320	14 Players
TUES	5:45 - 6:45 pm	\$72	VB3-3330	14 Players
FRI	3:30 - 4:30 pm	\$54	VB3-3340	14 Players
GRADES 6 - 8				
GRADES 6 - 8 DAYS	TIMES	COST	REGISTRATION CODE	MAX CLASS CAPACITY
		COST \$126	REGISTRATION CODE VB3-3420	MAX CLASS CAPACITY 14 Players

\$54

Adult VOLLEYBALL

4:30 - 5:30 pm

HOW TO REGISTER

FRI

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)

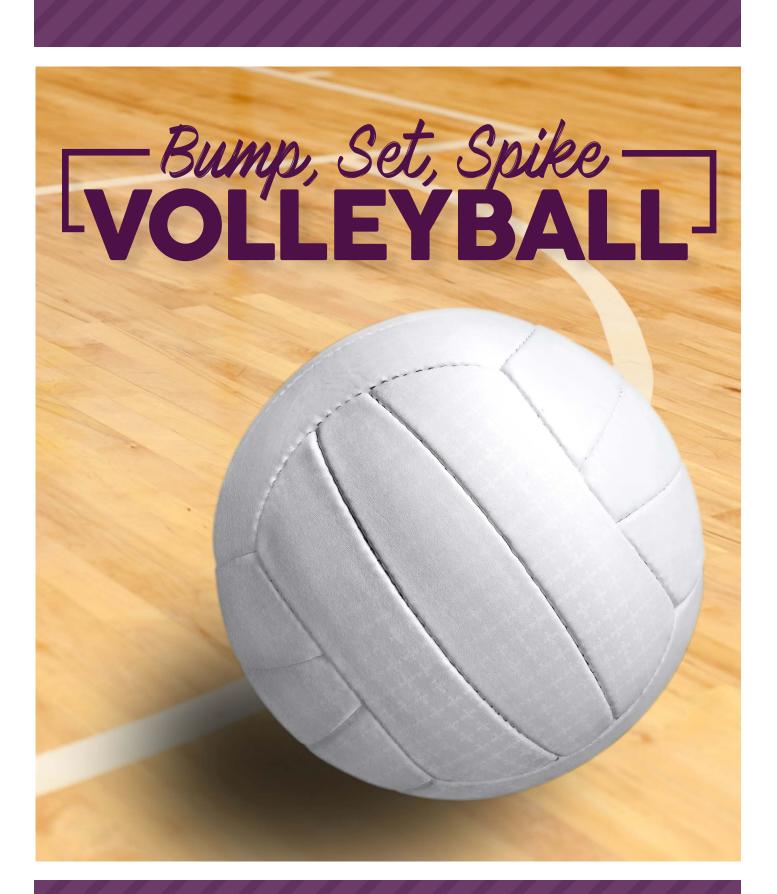


Game Times: TBA (check choicehf.com for program updates) Location: Choice Health & Fitness Gym League Cost (+tax): 4-person: \$150 / team | 6-person: \$175 / team

REG. OPENS: AUG. 17 NO LEAGUE: NOV. 26, 29

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	
THURS	Coed 4's, Women's 6's	
SUN	Coed 6's (A), Coed 6's (B), Coed 6's (C)	



PLEASE NOTE: Program offerings are subject to change. When possible, Choice Health & Fitness has made changes to our programs that adapt to social distancing. If the North Dakota 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!



SKING'S WALK GOLF COURSE ARNOLD PALMER SIGNATURE 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
- Tournaments Private/Group Lessons Junior Golf Programs
 - Eagles Crest Bar & Grill

Stay & Play Packages

GOLF THE FALL FOR FREE



DFC

NOV

SEPT. 1 - OCT. 31. 2020 Thinking about becoming a member

next season? Make your 1st payment (25% of membership cost) on 2021's golf membership and play this fall for free.

HOLIDAY SPECIAL 2020

NOV. 26 - DEC. 21, 2020 3 anytime golf rounds and a round in

October for only \$109 + tax. Purchase at Eagles Crest Grill or online at kingswalk.org.

KING'S WALK AMBASSADOR 2021 MEMBERSHIP DEAL



JAN. 1, 2021 - APRIL 1, 2021

Book your 2021 membership by April 1, 2021, 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.

2021 MEMBERSHIP RATES	RATES
Adult Season	\$1025
Adult Plus Spouse Season Ticket	\$1,325
Family Season Ticket (children up to age 23)	\$1,495
Senior Non-Restricted (60+)	\$950
Senior Couple (both 60+)	\$1025
Senior Restricted Season Ticket (60+) (Tee off anytime MonFri. & after Noon, Sat. & Sun.)	\$795
A.M. Players Season Ticket (Monday - Friday, before noon)	\$795
Intermediate Pass (19-25 yrs. old)	\$525
*Junior Pass (13-18 yrs. old)	\$225
*Youth Pass (9-12 yrs. old)	\$150
PUNCH CARDS	RATES
10 Round Punch Card 9-Holes / Twilight	\$200
10 Round Punch Card 18 Holes	\$330

*some restrictions apply

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

2021 MEMBERSHIP RATES	RATES
Adult Season	\$395
Adult Plus Spouse Season Ticket	\$575
Family Season Ticket	\$650
Senior Season Ticket	\$380
Intermediate Pass 19-25 yrs. old	\$275
*Junior Pass 13-18 yrs. old	\$120
*Youth Pass 9-12 yrs. old	\$95
PUNCH CARDS	RATES
10 Round Punch Card 9 Holes	\$155
5 Round Punch Card 18 Holes	\$115

*some restrictions apply

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



Inspihing HEALTHE-HAPPINESS



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!

- 100+ Fitness Classes
- State-of-the-Art Fitness Equipment
- Weight Lifting & Extreme Fitness Areas
- 12 Tennis Courts (Indoor & 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
- Drop-in Daycare & Birthday Party Rooms
- · Community Rooms w/ Kitchen
- Deli Counter & Pro Shop
- Lounge Area w/ Fireplace & Outdoor Patio
- Sports Training & Personal Trainers Available

HOURS OF OPERATION

SUMMER	GENERAL
BEGIN MEMORIAL DAY WEEKEND	BEGIN AFTER LABOR DAY (SEPT. 8)
MONDAY - FRIDAY	MONDAY - FRIDAY
5:30 am - 8:00 pm	5:30 am - 9:00 pm
SATURDAY	SATURDAY
7:30 am - 2:30 pm	7:30 am - 6:00 pm
SUNDAY	SUNDAY
9:00 am - 2:30 pm	9:00 am - 6:00 pm

COVID-19 NOTICE -

WHILE MANY OF OUR FACILITY AMENITIES ARE AVAILABLE. WE DO HAVE SOME AREAS THAT ARE CLOSED DUE TO COVID-19, TO VIEW AN UP-TO-DATE LIST OF OUR FACILITY AMENITY AVAILABILITY, GO TO CHOICEHF.COM, PLEASE NOTE: HOURS LISTED ARE SUBJECT TO CHANGE.



& FITNESS

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** CHOIC

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-MON 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.



Choice Health & Fitness CLASSES INCLUDED IN MEMBERSHIP



*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 the Customer Service Desk.

HEALTHY & ACTIVE KIDS (8-14 YEARS)



Location: Choice Kids Zone Trainer: Erin Morris

REG. OPENS: AUG. 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.

DAY	TIME	соѕт	REGISTRATION CODE	MAX CLASS CAPACITY
SAT	11:00 am - 12:00 pm	FREE	FT3-33120	8 Kids

PLEASE NOTE: Fitness class offerings are subject to change. When possible, Choice Health & Fitness has made changes to our programs that adapt to social distancing. If the ND Dept. of Health does not recommend recreational programming, we plan to postpone the programs or issue refunds/credits. We are in this together Grand Forks!





Adult FITNESS

GROUP FITNESS CLASS INCLUDED IN CHOICE HEALTH & FITNESS MEMBERSHIP

Choice Health & Fitness is committed to getting you moving. We offer a variety of group exercises classes included right in your membership! With an array of classes offered in yoga, cycling, step and dance, and water aerobics, you're sure to find the perfect class at your fitness level AND at a convenient time!

CLASS OFFERINGS INCLUDE:

- YOGA CLASSES GENTLE YOGA, YOGA FLOW, SPORT YOGA, CHAIR YOGA
- STEP & DANCE CLASSES ZUMBA
- CYCLING CLASSES OUTDOOR GROUP CYCLING CLASSES
- AQUATICS CLASSES WATER AEROBICS, SENIOR SPLASH
- STRENGTH & TONING CLASSES FULL BODY, HIIT, PUMP IT

FOR UP-TO-DATE FITNESS CLASS & INSTRUCTOR SCHEDULES, VISIT CHOICEHF.COM OR FOLLOW CHOICEHFOFGF US ON FACEBOOK!

Senior FITNESS

SENIOR PROGRAMMING 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. All Choice Health & Fitness Senior Programs are included in membership and offered throughout the year. Senior Individual and Couple Membership Rates are available at Choice Health & Fitness, see page 37.

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!



-Athletic Development CAMPS & PROGRAMS

IMPROVE YOUR STRENGTH, MOVEMENT, SPEED, ENDURANCE, & TECHNIQUE THROUGH OUR ATHLETIC DEVELOPMENT SESSIONS AND CAMPS. WITH PROGRAMS DESIGNED FOR EVERY AGE, OUR SPORTS PERFORMANCE TRAINERS WILL HELP YOU MAKE THIS SEASON YOUR BEST!

Youth SPORTS TRAINING

HOW TO REGISTER

町	

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



FALL SESSION 2

REG. OPENS: AUG. 31

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: AUG. 4

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.

Reg. Deadline

ELEMENTARY | 8-11 YEARS

TRAINER	DAYS	TIME	SESS.1COST/CODE	SESS. 2 COST / CODE	SESS. 3 COST / CODE	MAX CAPACITY
Erin	M & W	3:45 - 4:30 pm	\$84 / FT3-32101	\$96 / FT3-32102	\$96 / FT3-32103	8 Athletes
Austin	SAT	11:00 - 11:45 am	\$48 / FT3-32301	\$48 / FT3-32302	\$48 / FT3-32303	8 Athletes

MIDDLE SCHOOL | 12-14 YEARS

TRAINER	DAYS	TIME	SESS.1COST/CODE	SESS. 2 COST / CODE	SESS. 3 COST / CODE	MAX CAPACITY
Erin	M & W	4:45 - 5:30 pm	\$84 / FT3-32501	\$96 / FT3-32502	\$96 / FT3-32503	8 Athletes
Erin	SAT	10:00 -10:45 am	\$48 / FT3-32701	\$48 / FT3-32702	\$48 / FT3-32703	8 Athletes

PLEASE NOTE: Program offerings are subject to change. When possible, Choice Health & Fitness has made changes to our programs that adapt to social distancing. If the North Dakota 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!



REG. OPENS: SEPT. 28



PRESEASON WINTER SPORT TRAINING (AGES 8 - 18) -



REG. OPENS: AUG. 10

Location: Choice Health & Fitness & ICON Contact Info: Chris Langei & Jared Connell sportstraining@choicehf.com | 701.746.2790

Preseason Winter Sport Training is a 7-week program designed to train athletes in preparation for their winter sport. Make this winter

season your best by getting into game shape before your first practice!

PEEWEE / 10U / 12U

TRAINER	DAYS	TIME	LOCATION	COST	REGISTRATION CODE	MAX CLASS CAPACITY
Nadia	M & W	4:00 - 4:30 pm	ICON	\$126	FT3-2110	10 Athletes
Austin	T & TH	3:30 - 4:00 pm	ICON	\$126	FT3-2120	10 Athletes

BANTAM BOYS

TRAINER	DAYS	TIME	LOCATION	COST	REGISTRATION CODE	MAX CLASS CAPACITY
Jorid	T & TH	5:15 - 6:00 pm	ICON	\$168	FT3-2140	10 Athletes

GIRLS | 12-15 YEARS

TRAINER	DAYS	TIME	LOCATION	COST	REGISTRATION CODE	MAX CLASS CAPACITY
Austin	T & TH	5:30 - 6:15 pm	Choice HF	\$168	FT3-2150	8 Athletes

GIRLS | HIGH SCHOOL

TRAINER	DAYS	TIME	LOCATION	COST	REGISTRATION CODE	MAX CLASS CAPACITY	
Austin	T & TH	4:15 - 5:00 pm	ICON	\$168	FT3-2170	10 Athletes	

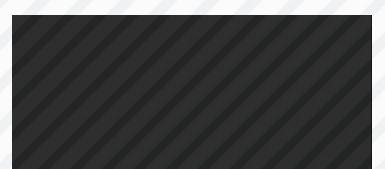
BOYS | HIGH SCHOOL

TRAINER	DAYS	TIME	LOCATION	COST	REGISTRATION CODE	MAX CLASS CAPACITY
Jorid	M & W	3:00 - 3:45 pm	ICON	\$168	FT3-2185	10 Athletes
Chris	M & TH	6:30 - 7:15 am	ICON	\$168	FT3-2190	10 Athletes
Jared	T & F	6:30 - 7:15 am	ICON	\$168	FT3-2195	10 Athletes

9 parks.org 41



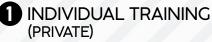




TAKE YOUR GAME TO THE *NEXT LEVEL*.

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 make this season your best yet!

TRAINING OPTIONS



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*



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



Trainer: Jared Connell

DANCE

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**



Agility and strength training for hockey players offered in and out of hockey season. **Trainer: Jorid Dagfinrud**

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

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

Trainer: Lisa Rollefstad

OLYMPIC LIFTING

Fix your flaws, tweak your form and increase your personal bests. **Trainer: Austin Jackson** FIGURE SKATING

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



SOCCER

Trainer: Erin Morris

Soccer training helps athletes improve strength,

speed/quickness, and passing accuracy/consistency.

SWIMMING

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

TENNIS

nprove your performance on the court with strength and conditioning created specifically for tennis athletes.

Trainer: Jared Connell

VOLLEYBALL

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: Austin Jackson



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

Trainer: Jared Connell



Choice Health & Fitness

* 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 Customer Service Desk.



REG. OPENS: AUG. 4



REG. OPENS: AUG. 31



REG. OPENS: SEPT. 28 NO CLASS: NOV. 26

ULTIMATE CARDIO Trainer: Chris Langei

Location: Yoga Room

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	\$63 / FT3-41101	\$72 / FT3-41102	\$72 / FT3-41103
Class Walk-ins Not F	Permitted			

INFERNO BOOT CAMP Location: ICON

Trainer: Erin Morris

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	\$126 / FT3-43101	\$144 / FT3-43102	\$144 / FT3-43103	
Class Walk-ins Not Permitted					

CHOICE BOOT CAMP

Trainer: Nadia Morneau		Location: ICON Max Class Capacity: 10			
Choice Boot Camp is a 45-minute intense workout for those committed to training military style. Boot Camp is led by former Staff Sergeant Morneau.					
DAY	TIME	SESS. 1 COST / CODE	SESS. 2 COST / CODE	SESS. 3 COST / CODE	
M & W	9:00 - 9:45 am	\$84 / FT3-43301	\$96 / FT3-43302	\$96 / FT3-43303	
Class Walk-ins Not Permitted					

PLEASE NOTE: Program offerings are subject to change. When possible, Choice Health & Fitness has made changes to our programs that adapt to social distancing. If the North Dakota 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!



Trainer: Veronica LienLocation: Pilates AreaMax Class Capacity: 3Intro to Pilates Reformer teaches a variety of exercises on reformer with focus on breath control to promote core stabilization, strength, flexibility, and balance.					
DAY	TIME	SESS. 1 COST / CODE	SESS. 2 COST / CODE	SESS. 3 COST / CODE	
			\$72 / FT3-42102	\$72 / FT3-42103	

POWER CORE PILATES

Trainer: Veronica Lien Location: Pilates Area Max Class Capacity: 6 Power Core Pilates is a 45-minute workout combining the fundamental exercises of Pilates with strength & interval training.

DAY	TIME	SESS. 1 COST / CODE	SESS. 2 COST / CODE	SESS. 3 COST / CODE
M & W	8:45 - 9:30 am	\$84 / FT3-42201	\$96 / FT3-42202	\$96 / FT3-42203
TUES	5:45 - 6:30 pm	\$48 / FT3-42301	\$48 / FT3-42302	\$48 / FT3-42303
Class Walk-ins Not F	Permitted			

GROUP CROSS TRAINING

Trainer: Erin Morris Location: Personal Training Studio Max Class Capacity: 8

Group Cross Training is a 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	\$84 / FT3-44101	\$96 / FT3-44102	\$96 / FT3-44103
T & TH	9:15 - 10:00 am	\$96 / FT3-44201	\$96 / FT3-44202	\$84 / FT3-44203

Class Walk-ins Not Permitted

FITNESS BOXING

Trainer: Nadia Morneau Location: Yoga Studio (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.

C.	DAY	TIME	SESS. 1 COST / CODE	SESS. 2 COST / CODE	SESS. 3 COST / CODE
M	I & W	6:45 - 7:30 pm	\$84 / FT3-45101	\$96 / FT3-45102	\$96 / FT3-45103
Т	& TH	6:00 - 6:45 am	\$96 / FT3-45201	\$96 / FT3-45202	\$84 / FT3-45203

Class Walk-ins Not Permitted



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 cha	irge to any of the above



Meet Our TRAINERS











GIRL SCOUTS

Dakota Horizons has many *Pathways* for girls to be involved. You can join a troop and meet new friends. Girls can also participate in recreational programs or travel to a variety of destinations! Find out how Girl Scouts can be a part of exploring your interests.

Location: 2525 Demers Ave. | Grand Forks, ND Contact: Carol Bjarnason | cbjarnason@gsdakotahorizons.org

WEEKLY VIRTUAL OPEN HOUSES

DAY	TIME
Tuesday	8:00 pm - 8:30 pm
Thursday	1:00 pm - 3:00 pm
Saturday	10:00 am - 10:30 am

For info or to register, visit: www.gsdakotahorizons.org

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 information, visit: www.teamunify.com/team/ndrrvy/page/home

SAFE KIDS WHEN IN DOUBT - SIT THEM OUT!

SIGNS OF A CONCUSSION IN A CHILD OR ADULT

- Headache or "pressure" in head
 Nausea or vomiting
- Bothered by light or noise
 Feeling sluggish, hazy, foggy, or groggy
- Balance problems or dizziness, or double or 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.

STARS ATHLETICS VOLLEYBALL (GRADES 5 - 12)

2021 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 2020			
Grades 5-6	January 2021			

For registration info, email: starsathletics@hotmail.com

Find additional program info at: GrandForksStarsVolleyball.com

JUNIOR CURLING

2020-21 SESSION



Location: GF Curling Club | 1124 7th Ave. S. **Fee:** \$25 (includes equipment)

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 info & registration, contact:

Dan Lindgren | 701-330-0654 | dlhockeycurl@gmail.com

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.

For more information, visit: groundupadventures.com



RED RIVER VALLEY ATHLETICS

2020-2021 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

f @Red River Valley Athletics

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

@GGFSC

Greater Grand Forks Soccer Club

GGFSC RECREATIONAL SOCCER (FALL)

- · Grades: Pre-K through 6th
- · Recreational team practice and play
- Runs September October 2020
- · Weeknights & Saturdays

GGFSC FUTSAL PROGRAM (WINTER)

- · Ages: 8-18 Years
- · Fast-paced, small-sided game played on gym floor
- Runs November 2020 January 2021

GGFSC INDOOR PROGRAM (WINTER)

- · Ages: 5-14 Years
- · Group skills instruction and small-sided gameplay
- Sundays
- · Runs late January March 2021

GRAND FORKS RACE EVENTS

2020-21 RACE EVENTS

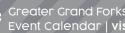
Sept. 12	Northlands Rescue Mission Home Run
Sept. 24-26	Grand Forks Marathon (Virtual)
Oct. 24	END-TOMBED
Oct. 25	END-TRAILS
Feb. 2021	Bike-cicle Fatbike Race

WANNA RUN FASTER?

CHOICE HEALTH & FITNESS OFFERS TRAINING PROGRAMS TO PREPARE YOU FOR YOUR NEXT RACE! Choice Boot Camps, Sports Training, and more For more information, contact: sportstraining@choicehf.com | 70<u>1.746.2790</u>

KNOW WHERE TO LOOK

- Grand Forks Park District Activity Guide gfparks.org
- Grand Forks Herald Calendar gfherald.com



- Greater Grand Forks Convention & Visitors Bureau Event Calendar | visitgrandforks.com
- Things to do With Kids in Grand Forks, NI Facebook Community Page
- Northern Valley Arts Calendar novac.org
- 🚛 GGF Young Professionals Event Calendar ggfyp.com

9†parks.org



Extreme Racing Event Calendar ENDracina.com

Sponsonship OPPORTUNITIES

Make an impression on a captive audience & support our community.

With over 90% of Grand Forks residents using our facilities/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! *Research collected by a 2015/16 independent survey by Heller & Heller Consulting

Want to make an impact & impression in Grand Forks?

CONTACT STACEY BRORSON TODAY 701.757.5084 | sponsorship@gfparks.org

From our very beginning we've focused on WHAT'S IMPORTANT...

To us, your project isn't a job - it's an opportunity to make a positive impact, protect future generations, and ensure the vitality of where we live and work.

Providing engineering and related services to help clients achieve success.

WATER ENGINEERING | WASTEWATER ENGINEERING | WATER RESOURCES ENGINEERING ELECTRICAL ENGINEERING | STRUCTURAL ENGINEERING | SURVEYING/MAPPING/GIS INSTRUMENTATION & CONTROLS | COMMUNICATION SERVICES| FINANCIAL SERVICES



WAXING THE CITY BOOK TODAY! | waxingthecity.com

20% off any service at your first visit.

15/16 independent survey by Heller & Heller Consulting

WAXING THE CITY®



CALL OR BOOK ONLINE TODAY 701.757.0453 waxingthecity.com

FACIAL WAXING STUDIO

BIG THANKS TO OUR SPONSORS!



The New Way of WORKING TOGETHER



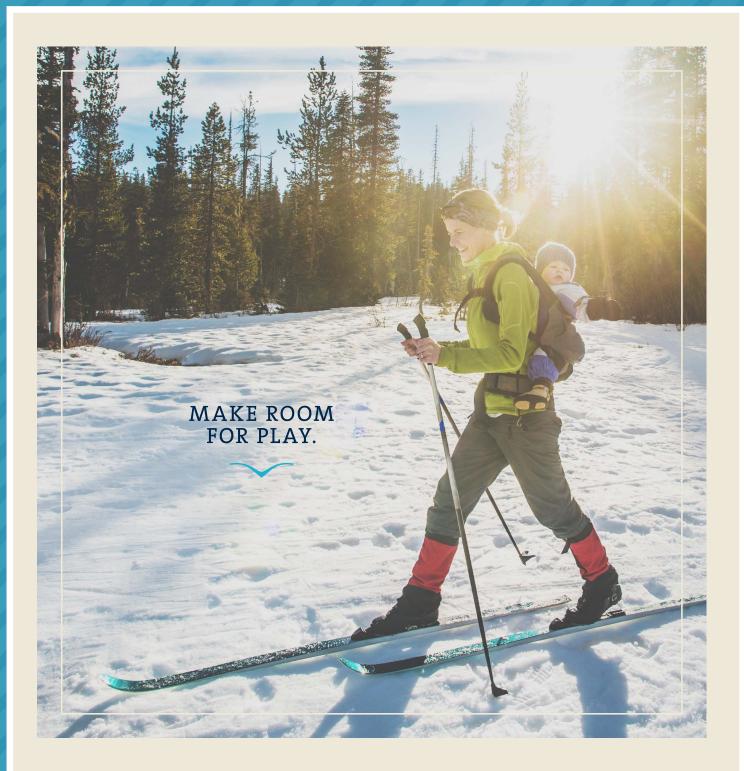
EMPLOYEE BENEFITS MADE SIMPLE

Looking to utilize an online platform for your employee benefits but don't know where to start? We can help.

- Online Solutions
- Benefit Administration
- HR Assistance
- Employee Education

vaaler.com/benefits

BIG THANKS TO OUR SPONSORS!



When it comes to building a healthy community, nothing works harder than play. We're proud to support access to recreational opportunities through Grand Forks Park District. Call **701.795.3200** or visit **Alerus.com**.

ALERUS

BANKING :: MORTGAGE :: RETIREMENT :: WEALTH MANAGEMENT





A TEAM THAT DELIVERS Extraordinary results

Real Estate Consultation Superior Value and Service Competitive Pricing Custom Homes Buy, Sell, Build

Cam Tweten REALTOR, Owner, Contractor, Developer 701-740-9031 CameronTweten@gmail.com Laurie Tweten REALTOR, Owner, Broker 701-739-1014 LThome4U@gmail.com

www.ForksRealEstate.com | 701-772-8106

HEALTHY MIND & BODY GREATER SELF-ESTEEM INDEPENDENCE AND HAPPINESS

NOW ENROLLING CLASSES OF ALL AGES WITH NEW VIRTUAL AND IN-STUDIO CLASS OPTIONS. SMALL CLASS SIZES AND **NEW COVID-19 PROTOCOLS** ARE IMPLEMENTED FOR OUR DANCERS AND COMMUNITY SAFETY.



IORTH DAKOTA BALLET COMPANY & ACADEMY

NORTHDAKOTABALLET.ORG

Caring about a place goes hand in hand with taking care of it: volunteering, giving back, helping others, and trying to make the neighborhood better for everybody. That's how we feel about this community, because we live here and we work here, just like you. And that's why we do what we do.

For details, visit xcelenergy.com.











SAT. SEPTEMBER 12TH

Xcel Energy

N THI

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

The Home Run is going virtual! Choose your event, complete it at any time & place, then send us your time! On September 12th, join us for a livestream and awards ceremony!

Register Online Now At NorthlandsRescueMission.org/HomeRun





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



BIG THANKS TO OUR SPONSORS!





LINCOLN





¹ Owner loyalty is based on IHS Markit U.S Total New Registrations Data for October 2014 to September 2015. In an Owner Loyalty Analysis, Ford Division had the greatest percentage of owners who returned to market and purchased or leased another Ford Division vehicle in the 2015 Award Year. ²2015 CY sales.



LITHIA FORD LINCOLN OF GRAND FORKS 2273 32nd Avenue South, Grand Forks, ND 58201 T [701] 203-0012 LITHIAFORDGRANDFORKS.COM



PRSRTSTD ECRWSS U.S. Postage PAID Grand Forks, ND Permit No. 461

Residential Postal Customer

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
- **Warming House Attendants**
- **FS** Community Center Attendants
- Concessions Attendants
- 🍯 Golf Course Maintenance
- 🔚 Arena Worker / Zamboni Drivers



