



the fall. 2024 - 2025 & winter guide

GRAND FORKS PARK DISTRICT



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



Injured?

Care for when you need it.

*Because we don't plan to get hurt,
Altru now offers walk-in care for injuries.*

Express Injury Walk-In Clinic
Monday – Friday
8 a.m. – 7 p.m.

701.732.7700


**Orthopedics &
Sports Medicine**

CHOICE HEALTH & FITNESS

INSPIRING HEALTH
& HAPPINESS

YEAR ROUND

choicehf.com
4401 S. 11th Street
701.746.2790



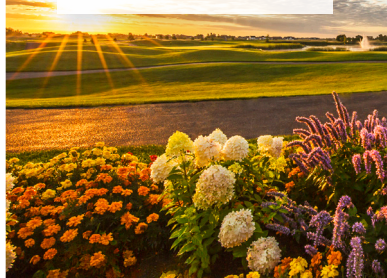
KING'S WALK GOLF COURSE

ARNOLD PALMER SIGNATURE COURSE

AN ARNOLD PALMER
SIGNATURE COURSE

SEASONAL

kingswalk.org
5301 S. Columbia Rd.
701.787.5464



LINCOLN GOLF COURSE

EST. 1909

SCENIC &
HISTORIC GOLF

SEASONAL

lincolngolf.org
250 Elks Dr.
701.746.2788



gfparks FOUNDATION

PUT BIG SMILES
ON LITTLE FACES

YEAR ROUND

gfparksfoundation.org
P.O. Box 12429
701.746.2750



WELCOME TO THE 2024-25 FALL & WINTER GUIDE!

A HOW-TO, GO-TO GUIDE FOR FALL & WINTER FORKS FUN...

The Grand Forks Park District is packed full of amazing parks, recreation programs/leagues, fun public events, and life-enhancing facilities! For the past 119 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.

GET OUTDOORS & PLAY GRAND FORKS!



44 parks



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



1 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 (7x1 mile)



1 indoor playground with party room

CONTACT US

(701) 746-2750

gf parks.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

@GrandForksParks

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

MANAGEMENT STAFF

PARK BOARD COMMISSIONERS

Tim Skarperud, President tskarperud@gfparks.org
Greg LaDouceur, Vice President gladouceur@gfparks.org
Cody Bartholomew, Commissioner cbartholomew@gfparks.org
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
Eric Broderson, 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
Christine Sivertson, CHF Admin Services 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

DESIGN BY:



Catie Trontvet



Megan Cory



Lauren Matson

PHOTO CREDITS:

Dave Bruner, Shawna Noel, Lauren Simonson

the fall & winter guide

2024-2025

GRAND FORKS PARK DISTRICT

SESSION DATES:
Program start and end dates

3-10
NOV. FEB.

3
NOV.

10
FEB.

HOW TO REGISTER:

gf parks.org by mail email in-person

SNOWPLOW SAM GROUP LESSONS

Lessons Start 3 NOV.

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

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

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



13
MAYReg. Deadline
Late Fee: \$20**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 email, 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.

CODE

444001-42

PROGRAM CODES:

All GF 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



Concession Attendants



Warming House Attendants



Golf Course Maintenance



Arena Workers/Zamboni Drivers



FS Community Center Attendants

BIG THANKS TO OUR SPONSORS

CORNERSTONE SPONSOR**FOUNDING SPONSOR**

ALERUS

VAALER



Inside the Guide

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REGISTER FOR WINTER FUN!



KNIGHT FOR A PRINCESS



LUCKY STRIKE



FIGURE SKATING



PAINTING LESSONS



YOUTH SWIMMING



YOUTH BASKETBALL



YOUTH & ADULT TENNIS



YOUTH & RACQUETBALL



YOUTH & ADULT VOLLEYBALL



SPORTS TRAINING



YOUTH FITNESS



GROUP TRAINING



PRIVATE PROGRAMS

THREE WAYS TO REGISTER GF PARKS RECREATION PROGRAMS



ONLINE
GFPARKS.ORG



ONLINE
REGISTRATION
IS MOBILE
FRIENDLY



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

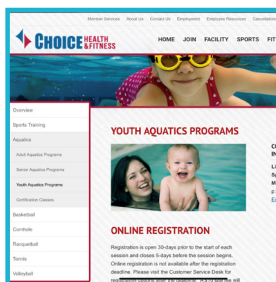


MAIL
GF PARK DISTRICT
ATTN: REGISTRATION
P.O. BOX 12429
GRAND FORKS, ND 58208



EMAIL
GFPARKS@GFPARKS.ORG

THREE WAYS TO REGISTER CHOICE HEALTH & FITNESS PROGRAMS



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



IN PERSON
4401 S. 11 ST.
SEE FACILITY
HOURS ON PAGE 41.



EMAIL
DOWNLOAD FILLABLE PDFS
AT CHOICEHF.COM

PRIVATE PROGRAMS

PROGRAMS ARE NOT RUN BY GF PARK DISTRICT



PLEASE FOLLOW REGISTRATION INSTRUCTIONS LISTED
ON THE PRIVATE CLUBS & PROGRAMS PAGES (PG. 47-48)
OR ON EACH ORGANIZATION'S WEBSITE.

YOUTH RECREATION SCHOLARSHIPS

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



GF PARKS PROGRAMS & SWIM PASSES

50% OFF

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

*See request form for list of eligible programs



CHOICE YOUTH MEMBERSHIP & PROGRAMS

75% OFF

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

*See request form for list of eligible programs



— Apply Today —

WHO IS ELIGIBLE?



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

HOW TO REQUEST A SCHOLARSHIP:

- 1 FILL OUT FORM:** Simply print off the form at gfparksfoundation.org or pick-up the form at our Main Office or Choice Health & Fitness
- 2 APPLY:** Prior to program registration deadline, Submit the Scholarship Request Form by email or in-person to the Park District Main Office (1060 47th Ave. S. | M-F: 8:00am-5:00pm | gfparks@gfparks.org) or Choice Health & Fitness (4401 S. 11th St. | M-F: 8:00am-7:00pm | snordin@choicehf.com)
- 3 REGISTER FOR PARK DISTRICT PROGRAMS:**
Outdoor Pool Pass • Baseball • Golf • Ice Skating • Just for Fun • Softball
Go to Park District office (1060 47th Ave. S. | M-F: 8:00am-5:00pm) 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 • Tennis • Racquetball • Swimming • Volleyball
Go to Choice H&F (4401 S. 11th St. | M-F: 8am-7pm) to register in-person. Present the approved form when registering for each program/membership to get **75% off.**



DID YOU KNOW?



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

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

NEW!

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



HELP US PUT 
BIG SMILES
ON LITTLE FACES





gf parks | FOUNDATION & recreation

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

Through the assistance of the Grand Forks Parks & Recreation 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

YOUTH RECREATION 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!



TERRY PAUKERT TENNIS COMPLEX RENOVATION

Through community philanthropy and the help of generous donors, a group of Grand Forks citizens and the Grand Forks Parks & Rec Foundation are raising funds to renovate the newly renamed Terry Paukert Tennis Complex at Riverside Park. The renovation project aims to improve the playing surface and viewing area at the tennis complex, while honoring Grand Forks tennis legend, Terry Paukert.

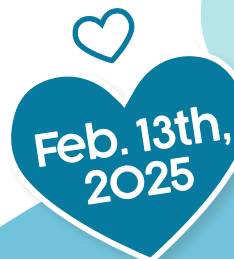


GIVING HEARTS DAY

13
FEB.

On February 13, 2025, 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.

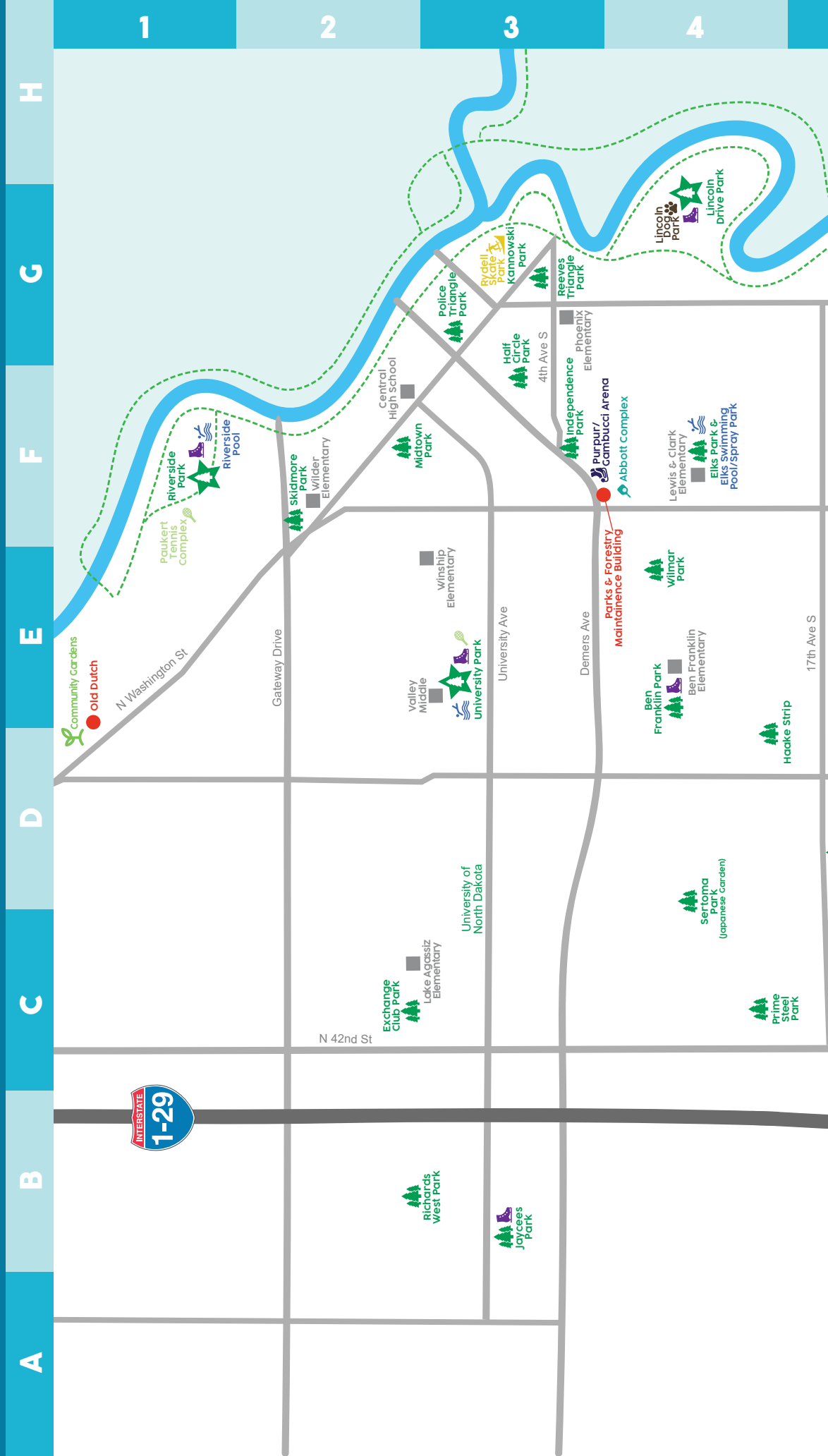
NEED A LITTLE REMINDER? Send an email to foundation@gfparks.org and we'll make sure to remind you when Giving Hearts Day comes around.







GRAND FORKS PARK DISTRICT

PARKS & TRAILS MAP



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

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



A simple line drawing of a sled with a rope attached to the front. To the left of the sled is a snowflake, and a dashed line indicates the sled's path moving towards the left. The background is a light blue circle on the left side.



Honored to be tobacco-free at all youth parks and facilities owned and operated by the GF Park District.

BIKE TRAILS	
BASEBALL & SOFTBALL	
BASKETBALL	
CRICKET	
CONCESSIONS	
DRIVING RANGE	
GOLF PARK	
EXERCISE	
FAMILY CENTER	
FLORAL GARDENS	
FOOT GOLF	
FISHING	
FRISBEE GOLF	
FOOTBALL	
GOLF COURSE & PRO SHOP	
HORSEHOSES	
INDOOR SKATING ARENA	
OUTDOOR SKATING RINK	
& WARMING HOUSE	
INDOOR PLAYGROUND	
MEETING ROOMS	
PARKING LOT	
PICKLEBALL	
PICNIC SHELTER	
PLAYGROUND	
RESTROOMS	
SKATEPARK (RAMPS/BOWLS)	
SLEDDING &/OR CROSS-COUNTRY SKIING	
SOCCER	
SPRAY PARK	
SWIMMING POOLS	
TENNIS	
VOLLEYBALL	
WALKING TRAIL	

[illegible][illegible]

OUTDOOR FUN!



WINTER FEATURE PARKS

LINCOLN DR. PARK (MAP PAGES 9-10 | G-4)

- Cross Country Ski Trails
- Dog Park
- Fishing
- Outdoor Skating Rink & Warming House
- Meeting Rooms
- Parking Lot
- Picnic Tables
- Picnic Shelters
- Playground
- Restrooms
- Sledding
- Walking Trails

RIVERSIDE PARK (MAP PAGE 9-10 | F-2)

- Cross Country Ski Trails
- Fishing
- Outdoor Skating Rink & Warming House
- Meeting Rooms
- Parking Lot
- Picnic Tables
- Picnic Shelters
- Playground
- 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
- Snowmobiling
- Fishing Access

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. 23 - Jan. 1 (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



INDOOR FUN



PUBLIC SKATING

NO PUBLIC SKATING: Nov. 28, Dec. 24, 25

PLEASE NOTE: No sticks or pucks are allowed on the ice during public skating

LOCATION	DATES	DAYS/TIME	FEES
ICON Sports Center	Sept. 30 - April 24	Monday - Thursday 12:00 pm - 1:30 pm	No Charge (<i>limited supervision</i>)
Blue Line Club Arena	Nov. 2 - March 2	Thursday 8:00 pm - 9:30 pm Saturday 12:30 pm - 2:00 pm Sunday 1:00 - 2:15 pm, 8:15 pm - 9:45 pm	No Charge (<i>limited supervision</i>)

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.

FIRST SEASON COMMUNITY CENTER

1122 7TH AVENUE SOUTH (PURPUR ARENA)
CALL US: 701.746.2763

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!

7 + **18**
OCT. APRIL

NEW HOURS 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) <i>(Children under 1 year are free)</i>
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
Concessions Available | Cake & Ice Cream Permitted

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.

gfpc.org

FALL SESSION

9 + **25**
SEPT. NOV.

WINTER SESSION

6 + **24**
JAN. MARCH

PAINTING INSTRUCTORS:

Mary Haugstad: 701-740-5585

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
TUES	6:30 pm - 9:00 pm	\$75	124234-05
WED	9:30 am - 12:00 pm	\$75	124234-06
WED	12:30 pm - 3:00 pm	\$75	124234-08



THANK YOU TO OUR ACTIVITY GUIDE SPONSOR!



NORTH DAKOTA BALLET COMPANY & ACADEMY

HIP HOP
DANCE

CLASSES AGES 4 - 6, 6 - 12, 13+, AND ADULTS

VISIT NORTHDAKOTABALLET.ORG  

CLASS OPTIONS IN BALLET, TAP, JAZZ AND MORE FOR 18 MONTHS AND UP

SPECIAL EVENTS



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.*

**ALL EVENT INFO IS SUBJECT TO
CHANGE. VISIT GFPARKS.ORG
FOR UP-TO-DATE EVENT INFO!**

KNIGHT FOR A PRINCESS FAIRYTALE NIGHT FOR GIRLS

24&25
JANUARY

Time: 6:30 - 9:00 pm

Location: Alerus Center

Cost: \$80/couple (\$40/person)
Cost includes t-shirt for each young lady

Registration begins: Nov. 1, 2024

How to Register:
(Pre-registration required)



21&22
FEBRUARY

DAY	REG. CODE	EVENT
Jan. 24	419211-01	daddy/daughter
Jan. 25	419211-02	daddy/daughter
Feb. 21	419211-03	daddy/daughter
Feb. 22	419211-04	family dance

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.

PARKTOBERFEST FALL FAMILY FUN EVENT!

30
SEPTEMBER

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!

**with select vendors & concessions available for purchase*

SANTA VILLAGE HOLIDAY FAMILY FUN!

2 + 22
DECEMBER DECEMBER

Location: Lincoln Clubhouse
250 Elks Drive
Admission: 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: 10:00 am - 8:00 pm
Sunday: 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*

Saturday, December 14 1:00 pm - 5:00 pm
Sunday, December 15 1:00 pm - 5:00 pm
Saturday, December 21 1:00 pm - 5:00 pm
Sunday, December 22 1:00 pm - 5:00 pm

HOSTING A HOLIDAY PARTY?

Lincoln Clubhouse | 250 Elks Drive
Rentals Available: Dec. 1 - Feb. 1 | **Cost:** \$450
Book an Event: 701-746.2750 | Iroche@gfparks.org

BLIZZARD BASH OPEN SKATING & MOVIE EVENT!

20
JANUARY

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)

BLOOMFEST - NEW! INDOOR WINTER GARDEN!

11 + 21
FEBRUARY FEBRUARY

Location: Lincoln Clubhouse
250 Elks Drive
Admission: Non-perishable food shelf item or cash donation.

Come and take in the beautiful sights & scents of at our open house featuring thousands of spring flowers blooming indoors!

OPEN HOUSE GENERAL PUBLIC TIMES:

Mon - Fri: 12:00 pm - 4:00 pm | Sat & Sun: 1:00 pm - 3:00 pm

SPECIAL EVENTS AT BLOOMFEST!

GALENTINES/VALENTINES DAY EVENTS (21+ years)

Join us for catered events at the beautiful indoor winter garden. Pre-registration required. Visit gfparks.org for details.

Feb. 13	6:00 pm - 8:00 pm	\$40 / person	412027-01
Feb. 14	6:00 pm - 8:00 pm	\$40 / person	412027-02

BLOOMFEST TEA PARTIES (Open to all ages)

Enjoy tea, snacks, and scents while making crafts with the fairies. Pre-registration required. Visit gfparks.org for details.

Feb. 15	9:30 am - 10:30 am	\$10 / person	412026-01
Feb. 15	11:00 am - 12:00 pm	\$10 / person	412026-02
Feb. 16	11:00 am - 12:00 pm	\$10 / person	412026-03

GREENWAY SNOW DAY FAMILY SNOW DAY!

1
FEBRUARY

Time: 10:00 am - 4:00 pm
Location: Lincoln Dr. 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!

LUCKY STRIKE BOWLING MOTHER/SON BOWL-A-RAMA

29 & 30
MARCH

Time: 2:00 - 5:00 pm
Location: Red Ray Lanes
Cost: \$25/person
Registration begins: Nov. 1, 2024

DAY	ACTIVITY CODE	EVENT
March 29	412012-01	mother / son event
March 30	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. Event is 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.

ADULT HOCKEY



GRAND FORKS PARK DISTRICT MEN'S SLOW HOCKEY LEAGUE

20 YEARS & OVER | 40 YEARS & OVER

6 – **26**
NOV. FEB.

Cost: \$150

Location: Blue Line Club

Supervisor: Ethan Mattson

LEAGUE	DAY/TIMES	ACTIVITY CODE
20 Yrs & Over	Wed 7:00 pm & 8:15 pm	444200 - 63
40 Yrs & Over	Wed 5:45 pm	444200 - 64

How to Register:



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

18 YEARS & OVER

3 – **23**
NOV. FEB.

Cost: \$150

Location: Purpur Arena

Supervisor: Jon Larson

LEAGUE	DAY/TIMES <i>(Times rotate weekly)</i>	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!

CONTACT	TO VIEW ICE SCHEDULES
Wes Colborn wcolborn@gfparks.org 701-787-2808	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 YOUTH HOCKEY

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

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



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 18	7:45 pm - 9:45 pm
Tuesday, November 19	7:45 pm - 9:45 pm
Thursday, November 20	7:45 pm - 9:45 pm

STALLION TOURNAMENT:

January 24 - 26 | Purpur/Gambucci Arena

STALLIONS CONTACTS:

Travis Hagen: 701.740.1544 | Joy Hagen: 701.740.2158





GRAND FORKS PARK DISTRICT ICE SKATING LESSONS

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.*

3 NOV. + **10** FEB.

HOW TO REGISTER:



OPEN REGISTRATION:

19 AUG. + **16** OCT.

LATE REGISTRATION EVENT:

11 NOV. 6:00 - 7:00 pm
Blue Line Club Arena
\$10 late fee | No Registration after Nov. 11

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.

SNOWPLOW SAM GROUP LESSONS

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

Lessons Start **3** NOV.

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)

Open Skating Starts **4** NOV.

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 GROUP LESSONS

(1ST GRADE - 8TH GRADE)

Lessons Start **3** NOV.

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 INTERMEDIATE GROUP LESSONS (MUST HAVE PASSED BASIC SKILLS 1)

Lessons Start **3** NOV.

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

BASIC SKILLS ADVANCED AND FREESKATE LESSONS

(MUST HAVE PASSED BASIC SKILLS 3)

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

Lessons
Start

4
NOV.

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 (HIGH SCHOOL & OLDER)

Lessons
Start

4
NOV.

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 FIGURE SKATING CLUB

*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



8-9
MARCH

March 8 | 4:00 pm

March 9 | 2:00 pm

Location: Purpur Arena

FREE Event! Open to the Public

Ice Show Practices: February 16 - March 7





CHOICE HEALTH & FITNESS AQUATICS COMPLEX

- 3-Lane Lap Pool
- Lazy River
- Water Slides with Slide Bay
- Zero Depth Entry Pool
- Water Aerobics & Swimming Lessons

AQUATICS COMPLEX FALL/WINTER HOURS

(*Hours subject to change)

Mon - Thurs: 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

INDOOR YOUTH SWIMMING LESSONS

***OPEN TO MEMBERS & NON-MEMBERS**

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 Customer Service Desk.

LITTLE SWIMMERS (AGES 9 MON. - 4 YEARS)

SESSION 1

3 - 30
SEPT. SEPT.

26
AUG.

Reg. Deadline
Late Fee: \$10

REG. OPENS: JULY 29

SESSION 2

7 - 31
OCT. OCT.

30
SEPT.

Reg. Deadline
Late Fee: \$10

REG. OPENS: SEPT. 9

SESSION 3

12 - 11
NOV. DEC.

4
NOV.

Reg. Deadline
Late Fee: \$10

REG. OPENS: OCT. 14

NO CLASS: NOV. 27 & 28

PARENT & ME (AGES 9 MON. - UNDER 2 YEARS)

Parent & Me provides an intro to water for parents and children. Class is a fun and safe way to get children comfortable in water. (Class Capacity: 8 Swimmers)

DAYS	TIME	COST	SESS. 1 CODE	SESS. 2 CODE	SESS. 2 CODE
WED	6:00 - 6:30 pm	\$50 / \$68 (non-mem)	AQ3-3101	AQ3-3102	AQ3-3103

ADVANCED PARENT & ME (AGES 2 - 3 YEARS)

Advanced Parent & Me provides fun and safe way to get children comfortable in the water and with basic water safety skills. (Class Capacity: 6 Swimmers)

DAYS	TIME	COST	SESS. 1 CODE	SESS. 2 CODE	SESS. 2 CODE
MON	6:00 - 6:30 pm	\$50 / \$68 (non-mem)	AQ3-3501	AQ3-3502	AQ3-3503

TINY TOTS SWIMMING (AGES 3 - 4 YEARS)

Tiny Tots provides an intro to basic water safety for children and offers a way for kids to get comfortable in water without a parent. (Class Capacity: 4 Swimmers)

DAYS	TIME	COST	SESS. 1 CODE	SESS. 2 CODE	SESS. 2 CODE
M & W	5:00 - 5:30 pm	\$84 / \$128 (non-mem)	AQ3-4201	AQ3-4202	AQ3-4203
T & TH	5:00 - 5:30 pm	\$84 / \$128 (non-mem)	AQ3-4501	AQ3-4502	AQ3-4503

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. (Class Capacity: 4 Swimmers)

SESSION 1

3 - 30
SEPT. SEPT.
26 AUG.
Reg. Deadline
Late Fee: \$10

REG. OPENS: JULY 29

SESSION 2

7 - 31
OCT. OCT.
30 SEPT.
Reg. Deadline
Late Fee: \$10

REG. OPENS: SEPT. 9

SESSION 3

12 - 11
NOV. DEC.
4 NOV.
Reg. Deadline
Late Fee: \$10

REG. OPENS: OCT. 14
NO CLASS: NOV. 27 & 28

LEVEL 1 | SUNFISH (BOBS & FLOATS)

DAYS	TIME	COST	SESS. 1 CODE	SESS. 2 CODE	SESS. 2 CODE
M & W	4:30 pm - 5:00 pm	\$84 / \$128 (non-mem)	AQ3-51201	AQ3-51202	AQ3-51203
M & W	5:00 pm - 5:30 pm	\$84 / \$128 (non-mem)	AQ3-51251	AQ3-51252	AQ3-51253
M & W	5:30 pm - 6:00 pm	\$84 / \$128 (non-mem)	AQ3-51301	AQ3-51302	AQ3-51303
T & TH	4:00 pm - 4:30 pm	\$84 / \$128 (non-mem)	AQ3-51501	AQ3-51502	AQ3-51503
T & TH	4:30 pm - 5:00 pm	\$84 / \$128 (non-mem)	AQ3-51551	AQ3-51552	AQ3-51553
T & TH	5:00 pm - 5:30 pm	\$84 / \$128 (non-mem)	AQ3-51601	AQ3-51602	AQ3-51603

LEVEL 2 | PERCH (KICKS & GLIDES)

DAYS	TIME	COST	SESS. 1 CODE	SESS. 2 CODE	SESS. 2 CODE
M & W	4:30 pm - 5:00 pm	\$84 / \$128 (non-mem)	AQ3-52101	AQ3-52102	AQ3-52103
M & W	5:00 pm - 5:30 pm	\$84 / \$128 (non-mem)	AQ3-52201	AQ3-52202	AQ3-52203
M & W	5:30 pm - 6:00 pm	\$84 / \$128 (non-mem)	AQ3-52251	AQ3-52252	AQ3-52253
T & TH	4:00 pm - 4:30 pm	\$84 / \$128 (non-mem)	AQ3-52501	AQ3-52502	AQ3-52503
T & TH	4:30 pm - 5:00 pm	\$84 / \$128 (non-mem)	AQ3-52551	AQ3-52552	AQ3-52553
T & TH	5:00 pm - 5:30 pm	\$84 / \$128 (non-mem)	AQ3-52601	AQ3-52602	AQ3-52603

LEVEL 3 | BASS (FREESTYLE & ELEMENTARY BACKSTROKE)

DAYS	TIME	COST	SESS. 1 CODE	SESS. 2 CODE	SESS. 2 CODE
M & W	4:30 pm - 5:00 pm	\$84 / \$128 (non-mem)	AQ3-53101	AQ3-53102	AQ3-53103
M & W	5:30 pm - 6:00 pm	\$84 / \$128 (non-mem)	AQ3-53201	AQ3-53202	AQ3-53203
T & TH	4:00 pm - 4:30 pm	\$84 / \$128 (non-mem)	AQ3-53501	AQ3-53502	AQ3-53503
T & TH	4:30 pm - 5:00 pm	\$84 / \$128 (non-mem)	AQ3-53551	AQ3-53552	AQ3-53553

LEVEL 4 | WALLEYE (BACKSTROKE & TREADING)

DAYS	TIME	COST	SESS. 1 CODE	SESS. 2 CODE	SESS. 2 CODE
M & W	6:00 pm - 6:30 pm	\$84 / \$128 (non-mem)	AQ3-54301	AQ3-54302	AQ3-54303

LEVEL 5 | NORTHERN PIKE (BREAST & SIDESTROKE)

DAYS	TIME	COST	SESS. 1 CODE	SESS. 2 CODE	SESS. 2 CODE
M & W	6:00 pm - 6:30 pm	\$84 / \$128 (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. 2 CODE
M & W	6:00 pm - 6:30 pm	\$84 / \$128 (non-mem)	AQ3-56301	AQ3-56302	AQ3-56303

PRIVATE LESSON AVAILABLE

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



YOUTH BASKETBALL



Choice Health & Fitness BASKETBALL

***OPEN TO MEMBERS & NON-MEMBERS**

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.

CHOICE BASKETBALL ACADEMY (GRADES K - 6)

4 + **13**
SEPT. NOV.

26
AUG.
Reg. Deadline
Late Fee: \$10

REG. OPENS: JULY 29
NO CLASS: NOV. 11

Location: Choice Health & Fitness

Basketball Academy is designed to cover the fundamentals of basketball by utilizing skill development sessions with our basketball instructors. Designed to cover basic skills as well as introduce more advanced skill sets through team building exercises. Sessions will focus on ball handling, offensive skills, and live game play. Previous basketball experience required.

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	\$95	BB3-3120	4 Players
WED	3:30 pm - 4:30 pm	\$115	BB3-3130	4 Players
SAT	8:00 am - 9:00 am	\$105	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	\$95	BB3-3220	4 Players
WED	4:30 pm - 5:30 pm	\$115	BB3-3230	4 Players
SAT	9:00 am - 10:00 am	\$105	BB3-3240	12 Players

GRADES 4-6

DAYS	TIME	COST	REGISTRATION CODE	MAX CLASS CAPACITY
SAT	10:00 am - 11:00 am	\$105	BB3-3340	12 Players



BASKETBALL SKILLS CLINIC (GRADES 4 - 7)

3 + **8**
SEPT. OCT.

REG. OPENS: JULY 29

26
AUG.

Reg. Deadline
Late Fee: \$10

Location: Choice Health & Fitness

Players 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.

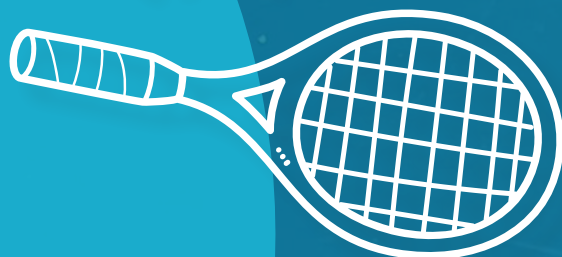
Contact Info: Tony Peterson or Lisa Rollefstad | sports@choicehf.com | 701.746.2790

BOYS & GIRLS | GRADES 4-7

DAYS	TIME	COST	REGISTRATION CODE	MAX CLASS CAPACITY
TUES	6:00 pm - 6:45 pm	\$66	BB3-43501	12 Players
TUES	6:45 pm - 7:30 pm	\$66	BB3-43601	12 Players



YOUTH TENNIS



Choice Health & Fitness YOUTH TENNIS

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 Customer Service Desk.

TINY TOTS TENNIS (3 - 5 YEARS)

4 SEPT. + **2** NOV.

26 AUG.

Reg. Deadline
Late Fee: \$10

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 29 | NO CLASS: OCT. 12

AGES	DAYS	TIME	COST	REG. CODE
3-5	WED	10:40 - 11:25 am	\$76	TN3-310
3-5	SAT	10:40 - 11:25 am	\$76	TN3-350

10 & UNDER TENNIS (5-10 YEARS)

3 SEPT. + **14** NOV.

26 AUG.

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 29
NO CLASS: OCT. 3, 10, NOV. 11

10 & UNDER TENNIS | BEGINNER

AGES	DAYS	TIME	COST	REG. CODE
5-6	THURS	3:30 - 4:30 pm	\$94.50	TN3-4110
7-8	WED	4:00 - 5:00 pm	\$115.50	TN3-4140
9-10	WED	5:00 - 6:00 pm	\$137.50	TN3-4170

10 & UNDER TENNIS | INTERMEDIATE

AGES	DAYS	TIME	COST	REG. CODE
5-6	THURS	3:30 - 4:30 pm	\$94.50	TN3-4210
7-8	M & W	4:00 - 5:00 pm	\$250	TN3-4240
9-10	M & W	5:00 - 6:00 pm	\$250	TN3-4270

10 & UNDER TENNIS | ADVANCED

AGES	DAYS	TIME	COST	REG. CODE
5-6	T & TH	3:30 - 4:30 pm	\$210	TN3-4310
7-8	M & W	4:00 - 5:00 pm	\$250	TN3-4340
9-10	M & W	5:00 - 6:00 pm	\$250	TN3-4370

TENNIS ACADEMY (11 - 18 YEARS)

3 SEPT. + **14** NOV.

26 AUG.

Reg. Deadline
Late Fee: \$10

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 29 | NO CLASS: OCT. 3 & 10

TENNIS ACADEMY | BEGINNER

AGES	DAYS	TIME	COST	REG. CODE
11-14	T & TH	6:00 - 7:00 pm	\$250	TN3-5120
15-18	T & TH	6:00 - 7:00 pm	\$250	TN3-5160

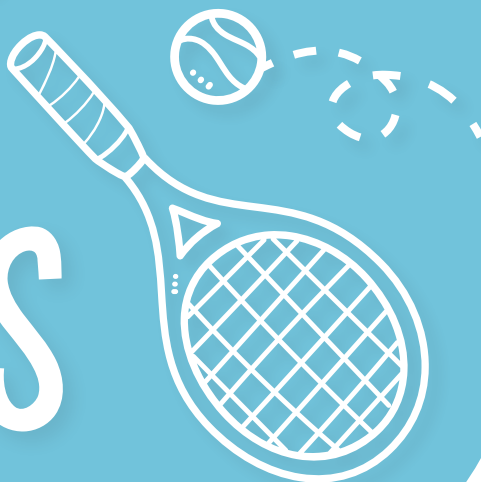
TENNIS ACADEMY | INTERMEDIATE

AGES	DAYS	TIME	COST	REG. CODE
11-14	T & TH	4:30 - 5:30 pm	\$250 \$340 (non-mem)	TN3-5210
15-18	T & TH	7:30 - 8:30 pm	\$250 \$340 (non-mem)	TN3-5250

TENNIS ACADEMY | ADVANCED

AGES	DAYS	TIME	COST	REG. CODE
11-14	T & TH	4:30 - 5:30 pm	\$250 \$340 (non-mem)	TN3-5310
15-18	T & TH	7:30 - 8:30 pm	\$250 \$340 (non-mem)	TN3-5350

ADULT TENNIS



TENNIS DRILLS

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

Cost: Noon Drill: \$11 (mem) / \$17 (non-mem)

Other Drills: \$15 (mem) / \$23 (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 12:00 - 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

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

CHOICE ADULT INTRO TENNIS SERIES

(FIRST LESSON IS FREE!)

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 Customer Service Desk.

SESSION 1

16 SEPT. - **21** OCT.

9 SEPT.

Reg. Deadline
Late Fee: \$10

REG. OPENS: JULY 29

SESSION 2

4 NOV. - **16** DEC.

14 OCT.

Reg. Deadline
Late Fee: \$10

REG. OPENS: OCT. 7

Location: Choice Health & Fitness

Cost: \$70

Max: 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.

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





RACQUETBALL

ADULT RACQUETBALL LEAGUES

26 SEPT. - **17** NOV.

19 SEPT.
Reg. Deadline
Late Fee: \$10

REG. OPENS: AUG. 29

Location: Choice Health & Fitness

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.*



DAY	TIME	DIVISION
MON	6:00 pm - 7:00 pm	A/B
MON	7:00 pm - 8:00 pm	A/B
WED	6:00 pm - 7:00 pm	C/D
WED	7:00 pm - 8:00 pm	C/D



PROUD ACTIVITY GUIDE SPONSOR



5 Fun Summer Activities To Bond With Kids

Spending quality time with your kids can spark conversation, build trust and be a chance to learn their interests.

Try out some of these activities during the summer months:

- Go birdwatching in a nearby park
- Stop by the local farmers' market
- Join a summer reading club at the public library
- Explore the bike trails in town
- Rainy day? Grab paper for an origami or paper airplane contest time



Find more ideas at ParentsLead.org

PARENTS LEAD



YOUTH & ADULT VOLLEYBALL

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)

3 - **24**
SEPT. OCT.

30
AUG.
Reg. Deadline
Late Fee: \$10

REG. OPENS: JULY 29

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: Tony Peterson | sports@choicehf.com | 701.746.2790

GROUP	DAYS	TIMES	COST	REGISTRATION CODE	MAX CLASS CAPACITY
Grades 4 - 5	T & TH	3:30 pm - 4:30 pm	\$168	VB3-3320	10 Players
Grades 4 - 5	TUES	3:30 pm - 4:30 pm	\$84	VB3-3330	6 Players
Grades 4 - 5	THURS	3:30 pm - 4:30 pm	\$84	VB3-3340	6 Players

GROUP	DAYS	TIMES	COST	REGISTRATION CODE	MAX CLASS CAPACITY
Grades 6 - 8	T & TH	4:30 pm - 5:30 pm	\$168	VB3-3420	10 Players
Grades 6 - 8	TUES	4:30 pm - 5:30 pm	\$84	VB3-3430	6 Players
Grades 6 - 8	THURS	4:30 pm - 5:30 pm	\$84	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)

6 - **19**
OCT. DEC.

30
SEPT.
Reg. Deadline
Late Fee: \$10

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: SEPT. 3 | NO CLASS: NOV. 28 & DEC. 1

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)



ATHLETIC DEVELOPMENT PROGRAMS & CAMPS

Youth **SPORTS TRAINING**

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.

CORE STRENGTH & AGILITY (AGES 8 - 13)

SESSION 1

3-27 **26**
SEPT. SEPT. AUG.
Reg. Deadline
Late Fee: \$10

REG. OPENS: JULY 29

SESSION 2

30-25 **23**
SEPT. OCT. SEPT.
Reg. Deadline
Late Fee: \$10

REG. OPENS: AUG. 26

SESSION 3

28-22 **21**
OCT. NOV. OCT.
Reg. Deadline
Late Fee: \$10

REG. OPENS: SEPT. 23

Contact Info: Austin Jackson | sportstraining@choicehf.com | 701.746.2790

Trainer: Austin Jackson

Location: Choice PT Studio

Max Class Capacity: 12

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 | 8-10 YEARS

DAYS	TIME	COST	SESSION 1 CODE	SESSION 2 CODE	SESSION 3 CODE
T & TH (girls)	3:45 pm - 4:15 pm	\$80 / \$110 (non-member)	FT3-32101	FT3-32102	FT3-32103
T & TH (boys)	4:45 pm - 5:15 pm	\$80 / \$110 (non-member)	FT3-32201	FT3-32202	FT3-32203

MIDDLE SCHOOL | 11-13 YEARS

DAYS	TIME	COST	SESSION 1 CODE	SESSION 2 CODE	SESSION 3 CODE
M & W (girls)	4:00 pm - 4:45 pm	\$112 / \$142 (non-member)	FT3-32501	FT3-32502	FT3-32503
T & TH (boys)	4:45 pm - 5:30 pm	\$112 / \$142 (non-member)	FT3-32601	FT3-32602	FT3-32603

ATHLETIC DEVELOPMENT (AGES 8 - 18)

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.

9-13
SEPT. OCT.

**ATHLETES 14 & UNDER PRESEASON
5-WEEK PROGRAM**

11-27
SEPT. OCT.

**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.

NOV.-DEC.

**SESSION 1
6-WEEK PROGRAM (DATES TBD)**

JAN.-FEB.

**SESSION 2
6-WEEK PROGRAM (DATES TBD)**

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



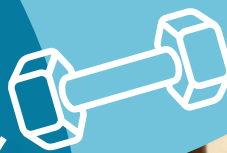
PROUD ACTIVITY GUIDE SPONSOR

FRANDSEN BANK & TRUST

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

**Real people.
Real results.**

SPORT-SPECIFIC TRAINING OPTIONS



TAKE YOUR GAME TO THE NEXT LEVEL.

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

TRAINING OPTIONS

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

HOW TO REGISTER

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

701.746.2790 | sportstraining@choicehf.com

STRENGTH & CONDITIONING TRAINING GROUPS ARE FORMING NOW!

OFF-SEASON BASEBALL TRAINING

Austin Jackson | ajackson@choicehf.com

FALL HOCKEY TRAINING

Chris Langei | clangei@choicehf.com

IN-SEASON STRENGTH & CONDITIONING

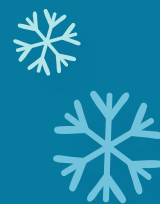
Basketball | Football | Soccer | Volleyball

Austin Jackson | ajackson@choicehf.com



INDIVIDUAL OR GROUP TRAINING

TRAINING AVAILABLE FOR BOTH YOUTH & ADULTS*



BASEBALL/SOFTBALL

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

Trainer: Austin Jackson



DANCE



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

Trainer: Veronica Lien

BASKETBALL



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

Trainer: Jared Connell



GOLF

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

Trainer: Jared Connell



HOCKEY

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

Trainer: Chris Langei



TRACK



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

Trainer: Lisa Rollefstad



FIGURE SKATING

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

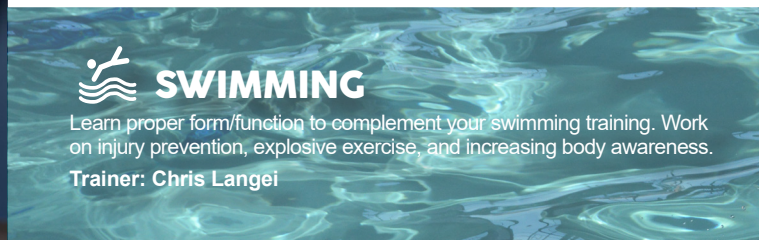
Trainer: Chris Langei



SWIMMING

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

Trainer: Chris Langei



SOCCER



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

Trainer: Jared Connell



VOLLEYBALL

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

Trainer: Austin Jackson



FOOTBALL

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

Trainer: Jared Connell



LACROSSE



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

Trainer: Nadia Morneau



KING'S WALK & LINCOLN GOLF COURSES

KING'S WALK GOLF COURSE

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

WORLD CLASS GOLF

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

AMENITIES

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

GOLF THE FALL FOR FREE

1 + 31
SEPT. OCT.

SEPT. 1 - OCT. 31, 2024

Thinking about becoming a member next season? Make your 1st payment (25% of membership cost) on 2025's golf membership and play this fall for free.

HOLIDAY SPECIAL 2024

28 + 20
NOV. DEC.

NOV. 28 - DEC. 20, 2024

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

KING'S WALK AMBASSADOR 2025 MEMBERSHIP DEAL

1 + 1
JAN. APRIL

JAN. 1, 2025 - APRIL 1, 2025

Book your 2025 membership by April 1, 2025, 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.

2025 MEMBERSHIPS	RATES
<i>PROPOSED 2025 RATES ARE SUBJECT TO CHANGE</i>	
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 Mon.-Fri. & 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

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

MULLALLY LITTLE LINKS

FREE 9-HOLE, SHORT DISTANCE COURSE

**PERFECT FOR GOLFERS 4-10 YEARS OLD
ALL HOLES RANGE FROM 40-120 YARDS**

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

2025 RATES

Visit LincolnGolf.org for updated rates.

2025 MEMBERSHIP RATES	RATES
<i>PROPOSED 2025 RATES ARE SUBJECT TO CHANGE</i>	
Adult Season	\$475 +tax
Adult Plus Spouse Season Ticket	\$675 +tax
Family Season Ticket	\$795 +tax
Senior Season Ticket	\$450 +tax
Intermediate Pass 19-25 yrs. old	\$395 +tax
*Junior Pass 13-18 yrs. old	\$150 +tax
*Youth Pass 9-12 yrs. old	\$125 +tax
PUNCH CARDS	RATES
10 Round Punch Card 9 Holes	\$200 +tax
5 Round Punch Card 18 Holes	\$150 +tax

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

INSPIRING HEALTH AND HAPPINESS



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



FACILITY AMENITIES

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

- 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

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.

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

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



BECOME A MEMBER

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

HOURS OF OPERATION

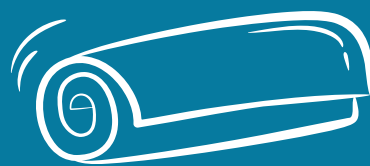
HOURS ARE SUBJECT TO CHANGE.
CHECK CHOICEHF.COM FOR CURRENT HOURS.

SUMMER HOURS BEGIN MEMORIAL DAY WEEKEND	GENERAL HOURS BEGIN SEPT. 3RD, 2024
MONDAY - THURSDAY 5:00 am - 9:00 pm	MONDAY - THURSDAY 5:00 am - 10:00 pm
FRIDAY 5:00 am - 9:00 pm	FRIDAY 5:00 am - 9:00 pm
SATURDAY 7:30 am - 6:00 pm	SATURDAY 7:30 am - 8:00 pm
SUNDAY 9:00 am - 6:00 pm	SUNDAY 9:00 am - 8:00 pm

CHILDCARE AVAILABLE

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

SUMMER HOURS BEGIN MEMORIAL DAY WEEKEND	GENERAL HOURS BEGIN SEPT. 3RD, 2024
MONDAY - THURSDAY 8:30 am - 1:30 pm 3:30 - 8:00 pm	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	FRIDAY 8:30 am - 1:30 pm 4:00 - 7:00 pm
SATURDAY 8:00 am - 1:00 pm No evening childcare on Saturday	SATURDAY 8:00 am - 1:00 pm No evening childcare on Saturday
SUNDAY: CLOSED	SUNDAY: CLOSED



CLASSES INCLUDED IN MEMBERSHIP

AT CHOICE HEALTH & FITNESS

ADULT FITNESS 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 dumbbells, 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.

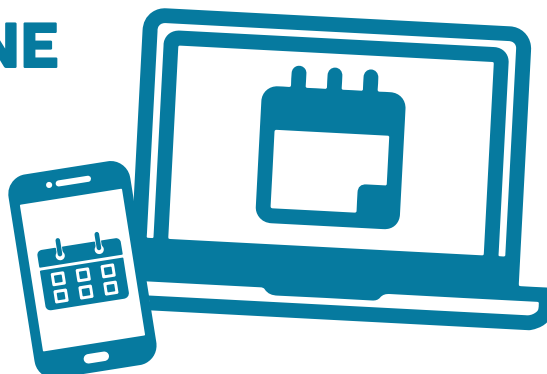
GENTLEMAN'S WATER CLUB

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 SCHEDULES ONLINE
AT CHOICEHF.COM**



YOUTH FITNESS

at Choice Health & Fitness



YOUTH FITNESS

***OPEN TO MEMBERS & NON-MEMBERS**

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 Customer Service Desk.

SESSION 1

3-27
SEPT. SEPT. **26**
AUG. Reg. Deadline
Late Fee: \$10

REG. OPENS: JULY 29
NO CLASS: SEPT. 2

SESSION 2

30-25
SEPT. OCT. **23**
SEPT. Reg. Deadline
Late Fee: \$10

REG. OPENS: AUG. 26

SESSION 3

28-22
OCT. NOV. **21**
OCT. Reg. Deadline
Late Fee: \$10

REG. OPENS: SEPT. 23

FIT KIDS (4-11 YEARS)

Location: Choice Kids Zone

Trainer: Abby Stender

Max Class Capacity: 8

Contact Info: Abby Stender | astender.choicehf@gmail.com | 701.746.2790

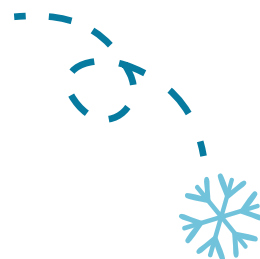
Fit Kids is a 45-minute fitness class that gets kids moving while teaching them body awareness and movement patterns through fun, non-competitive activities.

4 - 7 YEARS

DAY	TIME	SESSION 1 COST / CODE	SESSION 2 COST / CODE	SESSION 3 COST / CODE
T & TH	3:30 pm - 4:15 pm	\$112 / \$142 (non-mem) FT3-332201	\$112 / \$142 (non-mem) FT3-332202	\$112 / \$142 (non-mem) FT3-332203

8 - 11 YEARS

DAY	TIME	SESSION 1 COST / CODE	SESSION 2 COST / CODE	SESSION 3 COST / CODE
T & TH	4:30 pm - 5:15 pm	\$112 / \$142 (non-mem) FT3-333251	\$112 / \$142 (non-mem) FT3-333252	\$100 / \$142 (non-mem) FT3-333253



SENIOR FITNESS

at Choice Health & Fitness

MORE THAN A GYM, WE'RE A COMMUNITY

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 50.

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

FUN & FIT

A variety of activities to improve quality of life.

SENIOR SPLASH

45-minute low impact water aerobics class.

GENTLE YOGA

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

CHAIR YOGA

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

SENIOR CIRCUIT

Standing circuit workout to increase cardio endurance.

GENTLEMAN'S WATER CLUB

45-minute low impact water aerobics class for men.

SENIOR CLASSIC

A variety of exercises designed to increase strength, range of motion, and daily activity.

YOGA FLOW

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



GROUP TRAINING



AT CHOICE HEALTH & FITNESS

Adult GROUP TRAINING

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.

SESSION 1

3	27	26
SEPT.	SEPT.	AUG.
Reg. Deadline Late Fee: \$10		

REG. OPENS: JULY 29
NO CLASS: SEPT. 2

SESSION 2

30	25	23
SEPT.	OCT.	SEPT.
Reg. Deadline Late Fee: \$10		

REG. OPENS: AUG. 26

SESSION 3

28	22	21
OCT.	NOV.	OCT.
Reg. Deadline Late Fee: \$10		

REG. OPENS: SEPT. 23

ULTIMATE CARDIO * OPEN TO MEMBERS ONLY

Trainer: Chris Langei

Location: PT Studio/Altru PC

Max Class Capacity: 10

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 am - 6:00 am	\$70 / FT3-41101	\$80 / FT3-41102	\$80 / FT3-41103

WOMEN ON WEIGHTS CIRCUIT * OPEN TO MEMBERS ONLY

Trainer: CHF Staff

Location: Fitness Floor

Max Class Capacity: 8

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

DAY	TIME	SESS. 1 COST / CODE	SESS. 2 COST / CODE	SESS. 3 COST / CODE
T & TH	10:30 am - 11:00 am	\$80 / FT3-40101	\$80 / FT3-40102	\$80 / FT3-40103

CHOICE BOOT CAMP * OPEN TO MEMBERS & NON-MEMBERS

Trainer: Veronica Lien

Location: PT Studio / Choice Grounds

Max Class Capacity: 12

4-week challenges led by trainer Veronica Lien for those that want to tone up and get in shape.

Participants must commit to 1 hour intense bootcamp training sessions per week and daily orders to be completed individually by participants. Bootcamp will take place either indoor or outdoor, weather depending.

DAY	TIME	COST	SESSION 1 CODE	SESSION 2 CODE	SESSION 3 CODE
TUES	12:00 pm - 1:00 pm	\$66 / \$106 (non-mem)	FT3-43811	FT3-43812	FT3-43813
TUES	5:45 pm - 6:45 pm	\$66 / \$106 (non-mem)	FT3-43821	FT3-43822	FT3-43823
THURS	5:45 am - 6:45 am	\$66 / \$106 (non-mem)	FT3-43841	FT3-43842	FT3-43843



PRIVATE PILATES REFORMER TRAINING AVAILABLE!

Contact Trainer Veronica Lien for more information and to schedule training!
Veronica Lien (vlien.choicehf@gmail.com)

CHOICE CON-FIT-DENT * OPEN TO MEMBERS & NON-MEMBERS

9 + **1** **26**
 SEPT. NOV. AUG.
 Reg. Deadline
 Late Fee: \$10

Trainer: Sandy Johnson
Location: Fitness Floor
Max Class Capacity: 14

REG. OPENS: JULY 29

8-week exercise challenge lead by Personal Trainer Sandy Johnson including two small group sessions and 3 group exercise, home workouts or cardio workouts each week.

DAY	TIME	COST	REGISTRATION CODE
WED	12:00 pm - 12:45 pm	\$160 / \$200 (non-mem)	FT3-44101
WED	6:00 pm - 6:45 pm	\$160 / \$200 (non-mem)	FT3-44201
MON	8:00 pm - 8:45 pm	\$160 / \$200 (non-mem)	FT3-44301

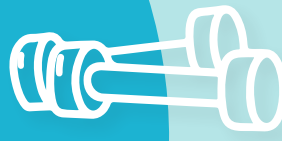
STRENGTH TRAINING GROUPS FORMING

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 a trainer for more information or to form a group:
Austin Jackson | ajackson.choicehf@gmail.com

PERSONAL TRAINING

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.

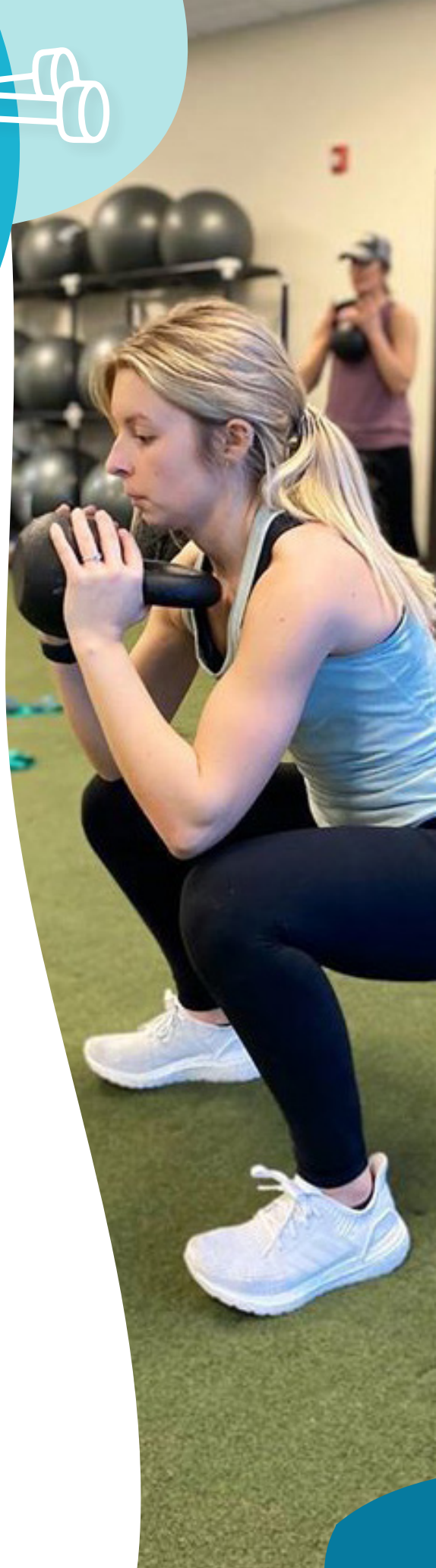
This is a one-on-one goal-setting meeting with a personal trainer.

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 RATES 1 PERSON		TRAINING RATES 2 PEOPLE	
Session	Cert. Personal Trainer	Cert. Master Trainer	Cert. Personal Trainer	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
	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	\$12.00	\$6.00	
30 min	\$20.00	\$23.50	\$10.50	
45 min	\$30.00	\$35.00	\$14.00	
60 min	\$39.50	\$46.50	\$17.50	
OTHER SERVICES		MEMBERS		NON-MEMBERS
Body Comp / Girth & Weight		\$20.00		\$25.00
Submax Vo ₂ / Posture / Gait		\$20.00		\$25.00
Muscle Endurance Battery		\$35.00		\$45.00
Muscular Strength Testing		\$35.00		\$45.00
Functional Movement Screen		\$35.00		\$45.00
Flexibility & Vertical		Can be added at no charge to any of the above		



MEET OUR AMAZING PERSONAL TRAINERS

PERSONAL TRAINING | 45-46

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TKOPPANG@CHOICEHF.COM



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KRIS WIFALL PERSONAL TRAINER

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ANDREW SCRIBNER PERSONAL TRAINER

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PRIVATE CLUBS & PROGRAMS

STARS ATHLETICS VOLLEYBALL (GRADES 5 - 12)

2025 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 2024
Grades 5-6	January 2025

For registration info, email: starsathletics@hotmail.com

Find additional program info at:
GrandForksStarsVolleyball.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.

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

FAMILY DAY AT THE MUSEUM

NORTH DAKOTA MUSEUM OF ART

Drop in or stay awhile. Family Day is a day where children of all ages and adults come together to create, design, and construct. Each month guests will explore new art techniques and materials inspired by imaginative and cultural themes.

Time: Saturdays, 10 am - Noon

Location: 261 Centennial Drive | UND Campus

Contact: MJ Haji-Sheikh | 701-777-4195 | ndmoa@ndmoa.com

Cost: No admission | Donations welcome | Free Parking

For more information, visit: www.ndmoa.com/family-day/

FAMILY DAY DATES & THEMES 2024-2025

October 26	Halloween themed activities
November 23	Fusion of art techniques and music
January 25	Celebration of Ukrainian traditions
February 22	Exploration of Ukrainian traditions
March 29	Exploring diverse art practices
April 26	Creative painting projects

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

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WAHOO SWIMMING

The Wahoos are the area's youth competitive swim team. If you love swimming and making new friends, our team is the place for you! Teams start with swimmers who have passed level 4 and/or able to swim 25 yards freestyle. Flexible evening practice schedule, Monday - Friday. Swim meets are held throughout the season.

Contact: rvwahooagegroup@gmail.com

Tuition: \$90 - \$125 per month

Location: Hyslop Pool

Season: October - March

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

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

Contact Info: questions@ggfsc.com

 @Greater Grand Forks Soccer Club  @GGFSC

RECREATIONAL SOCCER | AGE 4 - 6TH GRADE

- Recreational team practice & play
- August - October | Weeknights & Saturdays
- Registration Deadline: August 11, 2024

WINTER ACADEMY PROGRAM | AGES 4-18

- Indoor skill development sessions and scrimmages
- Optional indoor tournaments
- November - December & January - February | Sun, Mon, & Wed
- Registration opens in September 2024

SPRING RECREATIONAL SOCCER | AGE 4 - 6TH GRADE

- Recreational team practice & play
- April-May 2025 | Weeknights & Saturdays
- Registration opens in March 2025

FASTBREAK BASKETBALL

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

GIRLS 3RD-4TH GRADE | 3 ON 3

Sept. 3 - Oct. 5 (Reg Deadline: Aug. 30)

GIRLS 5TH-8TH GRADE | 3 ON 3

Sept. 3 - Oct. 5 (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

JUNIOR CURLING

NOV. 18, 2024 - MARCH 3, 2025



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

   @GrandForksParks



GRAND FORKS RACE EVENTS

2024-25 RACE EVENTS

Aug. 10	Law Enforcement 10-78 5K
Aug. 17	Rollin' on the River
Aug. 17	Jog Your Memory 5K: A Walk to end Alzheimer's
Aug. 23-24	Grand Forks 10 Weekend (10M, 10K, & 5K)
Sept. 7	Northlands Rescue Mission Home Run
Sept. 13	Get Wet Run Wild - Kids Fun Run
Feb. 2025	Frozen Feet
Spring 2025	Spring Thaw (Formerly Grand Forks Marathon)

GRAND FORKS RESOURCES

KNOW WHERE TO LOOK

-  Grand Forks Park District Activity Guide gfparks.org
-  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 ggfyp.com
-  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/blurred 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.


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- Ulland Complex, Apollo Complex, and Scheels Sports Complex



HOCKEY DISPLAY BOARDS

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- ICON Sports Center, Purpur/Gambucci Arena, Eagles/Blue Line Club Arena



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



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Machine Operator

2nd Shift - 4:00pm-2:30am M-Th

Warehouse Worker

1st Shift - 7:00am-4:00pm M-Th, 7:00am-11:00am F

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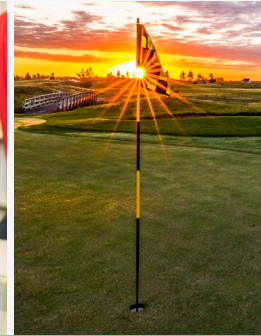
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