

RECREATION | EVENTS | PARKS | FACILITIES

Dedicated to High-Quality Care



Altru



Enhancing Lives Since 1905











WE'RE IN THIS TOGETHER GRAND FORKS!

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



(701) 746-2750



gfparks.org



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



P.O. Box 12429 Grand Forks, ND 58208



info@gfparks.org

PROGRAM / EVENT UPDATES & WEATHER CANCELLATIONS



info line: (701) 787-3499









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







SNOWPLOW SAM **GROUP LESSONS**

FEB.

NOV.

Lessons Start

(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

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





REGISTRATION DEADLINE:

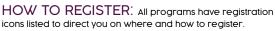
Any registrations accepted after this date will be charged a \$10 late fee. Due to limited space - there is no guarantee of programming availability after deadline.











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.



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.

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









Warming House Attendants









FS Community Center Attendants

A BIG THANKS TO OUR SPONSORS! **CORNERSTONE SPONSORS**



FOUNDING SPONSOR







Inside the Guide

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ADULT ONLY PROGRAMS

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FITNESS FACILITY/PROGRAMS

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How to Register for FALL/WINTER FUN!



3 WAYS TO REGISTER GFPARKS RECREATION PROGRAMS









ONLINE GFPARKS.ORG



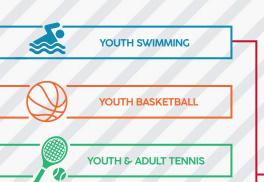




GF PARK DISTRICT ATTN: REGISTRATION P.O. BOX 12429 GRAND FORKS, ND 58208



EMAILGFPARKS@GFPARKS.ORG

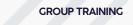












REGISTER IN PERSON CHOICE HEALTH & FITNESS PROGRAMS













REFUND POLICY:

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

TO COMPLETE THE REGISTRATION FORM BELOW:

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

YOUTH PROGRAM REGISTRATION FORM

PLEASE 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 involvement with the below program(s). Nothing in this release shall be intended to release the Park District from responsibility of fraud or willful injury to person or property, nor for any violation of the law. This release is intended to release only claims for negligence and/or non-willful or non-criminal claims.

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

I HAVE READ AND FULLY UNDE	rk District facilities, programs, and/c					-		LCLAIMS
Participant or Parent/Guardian								
ONE CHILD PER	FORM PLEASE							
CHILD'S FIRST AND LAST NAME			P	LEASE NO	OTE: Thi	s registra	tion form	is only
			арр	olicable to				
GENDER	BIRTHDATE (MM - DD - YYYY)					be used to Fitness P		
PARENT/GUARDIAN NAME		CIRCLE CHILD'S						
		YS Y	M YL	YXL	AS	AM	AL	AXL
ADDRESS		CITY			STATE	ZIP CC	DDE	
DAYTIME PHONE #	HOME PH	ONE#		CELI	L PHONE #			
For program and weather of provide your contact info to		DRESS						
DOES PARTICIPANT HAVE ANY	SPECIAL NEEDS WE SHOULD BE	EAWARE OF (DIAB	ETES, CAR-POOL	ING, ASTHMA	A, ETC)?			
PARK (if applicable)	ACTIVITY CODE (listed	in Activity Guide)	FE	E		PROGR	AM NAM	E
	000000	-00						
	000000	-00						
	000000	-00						
YES, I WOULD LIK	(E TO DONATE \$5 TO HELP A	LOCAL CHILD STA	AY ACTIVE THIS	SUMMER.	PLEASE	ADD \$5 TO	YOUR TO	TAL.
TYPE OF PAYMENT (please circ	cle one): CASH CHECK			DISCOVER	AMEX	AMOU	INT ENCLOS	SED:
SIGNATURE OF CARDHOLDER		LAF. DATE						

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









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

PART 1: ANSWER 3 QUESTIONS							
 Are you a Grand Forks resident? YES Do you qualify for the reduced lunch program If "YES", please list your child's school lunch If "NO", please list other qualifying informati Note: You may be asked to provide us with one of the follow approved" letter, or (3) a TANF approval letter. Are you receiving assistance from another or (Examples: GF Education Foundation, GF Social Services, GF Public If you marked "YES" above, please list the organization. 	in in Grand Forks Public Son ID Number: ion: wing: (1) your most recent Federal Ta ganization?	x Return, (2) a SNAP "Re NO pal Friends, NE Human So	view ervices, etc.)				
PART 2: CONTACT INFORMATION							
Name of Child:	Bi	rthdate 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.							
	aromp.						
Parent/Guardian Signature:	•	Date:					
Parent/Guardian Signature:	•	Date:					
	office (1060 47th Ave. S. M-F:	8am - 5pm gfparks(
PART 3: SUBMIT YOUR REQUEST Submit Scholarship Request Form to Park District Main C	office (1060 47th Ave. S. M-F:	8am - 5pm gfparks(
PART 3: SUBMIT YOUR REQUEST Submit Scholarship Request Form to Park District Main Cor Choice Health & Fitness (4401 S. 11th St. M-F: 8am -	Office (1060 47th Ave. S. M-F: 7pm jkirkeby@choicehf.com) ad present it when registering	8am - 5pm gfparks(. for all programs/m	@gfparks.org) emberships				
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Dance Lessons

 Volleyball (Youth Volleyball Academy Only)

—Youth Recreation— SCHOLARSHIPS

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





GF PARKS PROGRAMS & SWIM PASSES

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

See request form for list of eligible programs





CHOICE YOUTH MEMBERSHIP & PROGRAMS

- 3-Month Youth Membership
- Athletic Development
- Basketball
- Dance
- Indoor Tennis
- Racauetball
- 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:

- FILL OUT FORM: Simply print off the form at afparksfoundation.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 Skatina • 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

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).



FOUNDATION

FOUNDATION

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

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

PROJECTS IN THE WORKS -

SCHOLARSHIPS FOR KIDS-

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

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

VETERANS MEMORIAL PARK-

Through the campaign efforts of veterans, military members, local families, friends, and supporters over the last 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.

GIVING HEARTS DAY

24-HOUR ONLINE FUNDRAISER



On February 11, 2021, 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, 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.









healthy lungs at PROUD TO BE SMOKE-F Honored to be tobacco facilities owned and op	REE AT EVERY PARK -free at all youth p	(& FACILITY. arks and ark District.	BIKE TRAILS	BASEBALL & SOFTBALL	CONCESSIONS	DRIVING RANGE	DOG PARK EXERCISE	FAMILY CENTER	FLORAL GARDENS	FISHING	FRISBEE COLF	GOI F COURSE & PRO SHOP	2	INDOOR SKATING ARENA	OUTDOOR SKATING RINK & WARMING HOUSE	MEETING BOOMS	PARKING LOT	PICKLEBALL	PICNIC TABLES	PICNIC SHELTER	PLAYGROUND	RESTROOMS	SKATEPARK (RAMPS/BOWL)	SOCCER	SPRAY PARK	SWIMMING POOLS	VOLLEYBALL	WALKING TRAIL
FACILITIES & FE	ATURE	PARK	S																									
F-8 Park District Main Office	1060 47th Ave. S.	701,746,2750	Ĭ														•					•						
BASEBALL/SOFTBALL FIELDS										7										_								П
D-5 Apollo Sports Complex / Kraft Field	2511 17th Ave. S	701.746.2760	•	•	•												•		•		•	•						П
E-8 Scheels Sports Complex	4301 S. 20th St.		•	•													•											
D-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		•	•		•		•							·	•					•				•	•	
F-4 First Season Community Center	1122 7th Ave. S.	701.746.2763			•			•								•	•					•						
GOLF COURSES																												Ш
E-9 King's Walk Golf Course	5301 Columbia Rd. S.	701.787.5464			•	•						•	•				•			[٠						•
G-5 Lincoln Golf Course	250 Elks Dr.	701.746.2788	•		٠							•					•			[٠					•	•
ICE ARENAS										_												_						Ш
E-5 Eagles & Blue Line Club Arena	1900 S. 25th St.	701.746.2769			٠					_				•			•					•						Ш
F-4 Fido Purpur & Gambucci Arena	1122 7th Ave. S	701.746.2764			٠			٠		_				•		•	•			_		٠						Ш
F-8 ICON Sports Center	1060 47th Ave. S.	701.746.2750			•					_				•			•			_		٠						•
SWIMMING POOLS																						_	4					Ш
F-4 Elks Pool	1002 13th Ave. S.	701.746.2780	_	•	•							•			•		•			٠		٠	4		٠	•		Н
F-2 Riverside Pool	1810 N. 1st St.	701.740.1497	•	•	٠					٠	•				•	•	•		·	•	•	•	Ŀ			•	•	·
PARKS & SHELTI	ERS																											
F-4 Abbott Complex	705 S. 12th St.			•													•	•				7					•	
E-4 Ben Franklin Park	2111 Westward Dr.	701.746.2771	ļ	•											•						•	•						
E-6 Bringewatt Park	22O5 24th Ave. S.	701.746.2785															•				•	•		•			•	
F-7 Choice Outdoor Spray Park	4401 S. 11th St.																								•			
F-6 Cox Park	800 24th Ave. S.	701.746.2773	•	•											٠		•				•	٠						
F-4 Elks Park	1002 13th Ave. S.	701.746.2781		•	•						•	•			٠		•			•		٠			٠	•		
C-3 Exchange Club Park	37O2 6th Ave. N.	701.746.2775	•	•											٠		•				•	٠						
D-5 Haake Strip Park	Bike path betweer	BF & Apollo	•																			_	4					•
F-3 Half Circle Park	614 3rd Ave. S.																			_	•	4						
F-4 Independence Park	1000 5th Ave. S.								•						_					•		4						
B-3 Jaycees Park	4790 Technology Cr.	701.787.2229		•											٠		•		•	•		٠						
G-3 Kannowski Park/Rydell Skate Park	701 S. 4th St.	70174/ 077 :	•		-				•	-							•			4	•	•	•					•
F-6 Kelly Park	904 32nd Ave. S.	701.746.2774								-					-					-	•	4						Н
D-7 Kiwanis Park (North Park) D-7 Kiwanis Park (South Park)	3851 S. 34th St. 4100 S. 32nd St.				\vdash					-										-	•	-	+					Н
	14100 S. 32NG St.										•		•		•	١,			•	•		•					• •	
C 4 Lincoln Drive Park	120 Fuclid Ave	701 740 1824	•		\vdash				•						- 1		•	_		- 1				•			•	H
G-4 Lincoln Drive Park	120 Euclid Ave.	701.740.1826 701.746.2782	•				•		•	긤					•						•							
D-5 Lions Park	3211 17th Ave. S.	701.740.1826 701.746.2782	•				•		•	1					•							٠						
D-5 Lions Park E-7 Masonic Park	3211 17th Ave. S. 1950 40th Ave. S.		•	•			•		•						•		•		•		•	1						•
D-5 Lions Park E-7 Masonic Park F-3 Midtown Park	3211 17th Ave. S. 1950 40th Ave. S. 402 N. 6th St.	701.746.2782	•	•			•		•						•				•	•	•	•					•	•
D-5 Lions Park E-7 Masonic Park F-3 Midtown Park	3211 17th Ave. S. 1950 40th Ave. S.		•				•		•								•		•	•	•							
D-5 Lions Park E-7 Masonic Park F-3 Midtown Park F-8 Optimist Park	3211 17th Ave. S. 1950 40th Ave. S. 402 N. 6th St. 4600 Cherry St.	701.746.2782	•				•		•								•			•	•			•				
D-5 Lions Park E-7 Masonic Park F-3 Midtown Park F-8 Optimist Park C-5 Prime Steel Park	3211 17th Ave. S. 1950 40th Ave. S. 402 N. 6th St. 4600 Cherry St. 3900 14th Ave. S.	701.746.2782 701.746.2784	•	•			•		•	•	•						•		•	•	•			_				
D-6 Lions Park E-7 Masonic Park F-3 Midtown Park F-8 Optimist Park C-5 Prime Steel Park B-3 Richards West Park	3211 17th Ave. S. 1950 40th Ave. S. 402 N. 6th St. 4600 Cherry St. 3900 14th Ave. S. 4700 6th Ave. N.	701.746.2782 701.746.2784 701.787.3487	•	• •			•		•						•		•		•		•	•		_			•	٠
D-5 Lions Park E-7 Masonic Park F-3 Midtown Park F-8 Optimist Park C-5 Prime Steel Park B-3 Richards West Park F-2 Riverside Park	3211 17th Ave. S. 1950 40th Ave. S. 402 N. 6th St. 4600 Cherry St. 3900 14th Ave. S. 4700 6th Ave. N. 1810 N. 1st St.	701.746.2782 701.746.2784 701.787.3487	•	• •			•		•	•					•		•		•		•	•		_			•	•
D-5 Lions Park E-7 Masonic Park F-3 Midtown Park F-8 Optimist Park C-5 Prime Steel Park B-3 Richards West Park F-2 Riverside Park E-8 Ryan Park / Ryan Lake	3211 17th Ave. S. 1950 40th Ave. S. 402 N. 6th St. 4600 Cherry St. 3900 14th Ave. S. 4700 6th Ave. N. 1810 N. 1st St. 2001 47th Ave. S.	701.746.2782 701.746.2784 701.787.3487	•	• •			•		•	•					•		•		•	•	•	•		_			•	•
D-5 Lions Park E-7 Masonic Park F-3 Midtown Park F-8 Optimist Park C-5 Prime Steel Park B-3 Richards West Park F-2 Riverside Park E-8 Ryan Park / Ryan Lake D-4 Sertoma Park (Japanese Garden)	3211 17th Ave. S. 1950 40th Ave. S. 402 N. 6th St. 4600 Cherry St. 3900 14th Ave. S. 4700 6th Ave. N. 1810 N. 1st St. 2001 47th Ave. S. 3300 11th Ave. S.	701.746.2782 701.746.2784 701.787.3487	•	• •			•			•					•		•		•	•	•	•		_		•	•	•
D-5 Lions Park E-7 Masonic Park F-3 Midtown Park F-8 Optimist Park C-5 Prime Steel Park B-3 Richards West Park F-2 Riverside Park E-8 Ryan Park / Ryan Lake D-4 Sertoma Park (Japanese Garden) F-2 Skidmore Park	3211 17th Ave. S. 1950 40th Ave. S. 402 N. 6th St. 4600 Cherry St. 3900 14th Ave. S. 4700 6th Ave. N. 1810 N. 1st St. 2001 47th Ave. S. 3300 11th Ave. S.	701.746.2782 701.746.2784 701.787.3487	•	• •			•			•					•		•		•	•	•	•		_			•	•
D-5 Lions Park E-7 Masonic Park F-3 Midtown Park F-8 Optimist Park C-5 Prime Steel Park B-3 Richards West Park F-2 Riverside Park E-8 Ryan Park / Ryan Lake D-4 Sertoma Park (Japanese Garden) F-2 Skidmore Park E-6 Symington Park	3211 17th Ave. S. 1950 40th Ave. S. 402 N. 6th St. 4600 Cherry St. 3900 14th Ave. S. 4700 6th Ave. N. 1810 N. 1st St. 2001 47th Ave. S. 3300 11th Ave. S. 1210 N. 5th St.	701.746.2782 701.746.2784 701.787.3487 701.215.9469	•	• •			•		•	•					•		•		•	•	•	•	4	_			•	•
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Get Out and Play

Winter FEATURE PARKS

LINCOLN DR. PARK (MAP PAGES 14-15 | 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 14-15 | 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

(a) 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. 3 (Closed Dec. 24-25) 12:00 - 8:30 pm

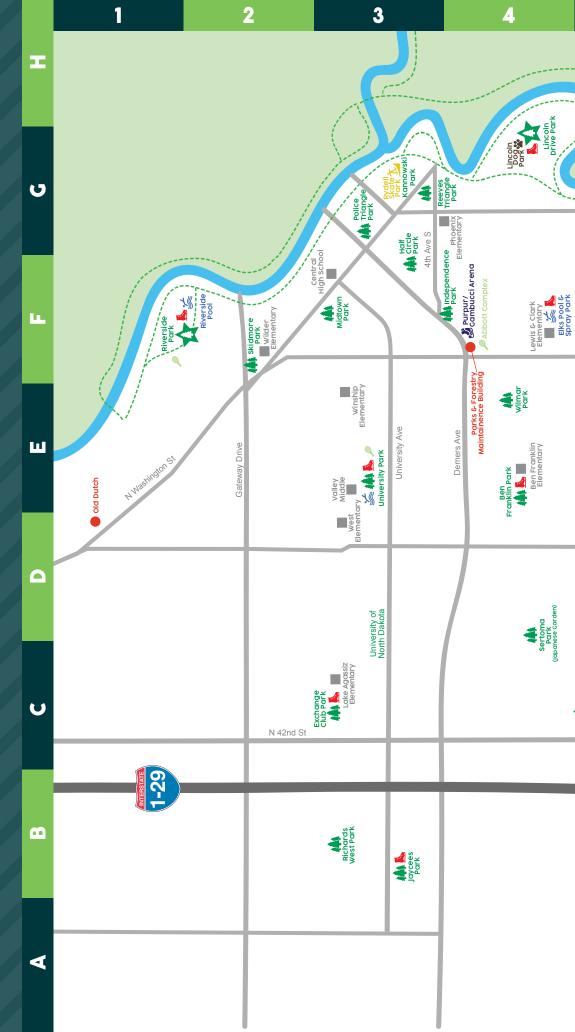
BUILDING	LOCATION	PHONE					
Ben Franklin Park	2121 Westward Dr.	701-746-2771					
Cox Park	2207 S. 10th St.	701-746-2773					
Jaycees Park	4790 Technology Cir.	701-787-2229					
Kelly Park	904 32nd Ave. S.	701-746-2774					
Lincoln Drive Park	120 Euclid Ave.	701-740-1826					
Lions Park	3211 17th Ave. 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					

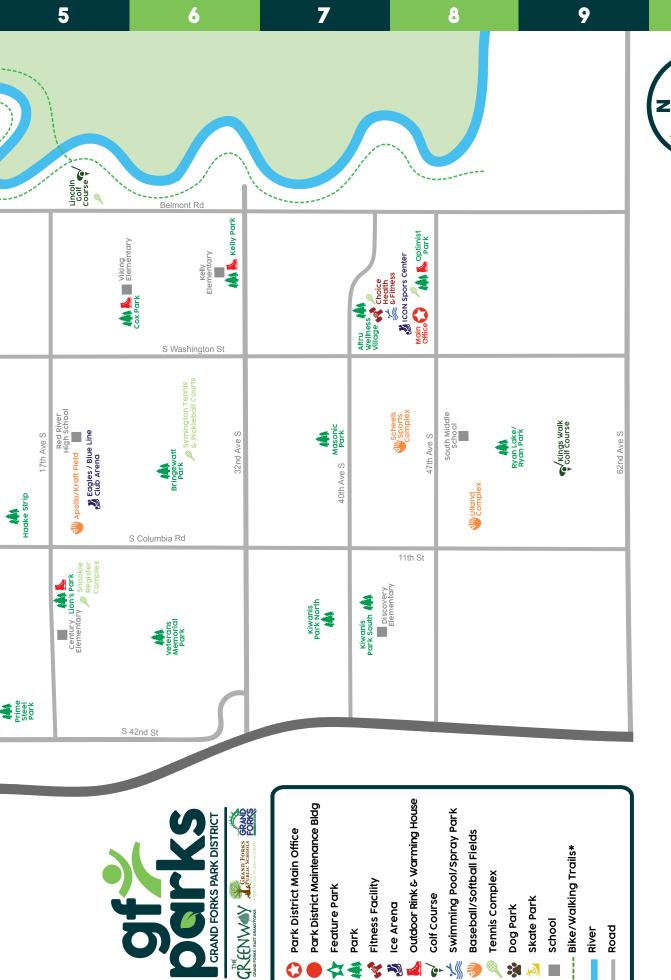






ILS MAP







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

10

1 inch = 3,800 feet

1,900



PUBLIC SKATING

DATES

15 - 28 DEC. FEB. NO PUBLIC SKATING: 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	TO VIEW ICE SCHEDULES					
Nick Arola narola@gfparks.org 701-787-2808	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!

Covid-19 Safety Precautions:

The Community Center will be disinfected daily. Face Masks Required for those age 5 years and older.

DATES



First Season Community Center Phone Number: 701.746.2763

ADMISSION	
Children (2-10 Yrs)	\$3.00 / Child (2-hour limit)
Daycare Pass	\$10 (per month)
Adults	FREE (with child's paid admission)

FSCC HOURS OF OPERATION						
Monday - Friday	10:00 am - 3:00 pm					
Saturday & 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:



Pre-registration required. Online registration ONLY.

FALL SESSION

WINTER SESSION

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.



- Mark Your Calendar UND

PLEASE NOTE: Events are subject to change due to COVID-19 regulations at the time of the event. The Grand Forks Park District will be following ND Smart Restart Guidelines directed by Governor Burgum. If the ND Department of Health does not recommend events of a certain size, we plan to postpone the event or issue refunds/credits.

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



December 11-13 December 18-20

NEW Location: 3721 32nd Ave South (Next to Famous Footwear in Target Strip Mall)

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

Santa and his elves will set up their workshop at a new location this December! Everyone is welcome to stop in and meet Santa's elves, sip some cocoa, and enjoy the beautifully adorned trees. Santa and Mrs. Claus will be on site on Sat/Sun for story times.

SANTA VILLAGE GENERAL PUBLIC TIMES:

Mon - Fri: 10:00 am - 7:00 pm Saturday: 10:00 am - 8:00 pm 12:00 pm - 6:00 pm Sunday:

PRIVATE GROUPS & DAYCARE TIMES:

Open on weekdays by appointment only.

HOSTING A HOLIDAY PARTY?

LINCOLN CLUBHOUSE WILL BE BEAUTIFULLY DECORATED WITH HOLIDAY TREES FOR THE PERFECT GATHERING SPACE. 250 Elks Drive | Rentals Available: Dec. 1 - Feb. 1 | Cost: \$250 Book an Event: 701-746.2750 | Iroche@gfparks.org

BLIZZARD BASH.







Time: 1:00 pm - 4:00 pm | Admission: FREE Location: ICON Sports Center 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 rentals won't be available.

EVENT SCHEDULE:

1:00 - 4:00 pm | Open Family Skating

1:30 | Movie starts in ICON Sports Center Community Room

GREENWAY -SKI DAY

FAMILY SNOW DAY!



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

Admission: FREE

Join us for a snow-filled day of ski clinics, cross-country skiing on groomed trails, ice skating, snowshoeing, 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 Ski Day! We would like to say a big thanks to Leighton Broadcasting, and the Ski & Bike Shop for their support!

KNIGHT FOR A PRINCESS -

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

DAY April 23

ACTIVITY CODE 419211-05

April 24 419211-06



(Pre-registration required)

Attention, little princesses! The GF Park District invites young ladies under the age 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

MOTHER/SON **BOWL-A-RAMA**



Time: 3:00 - 6:00 pm Location: Red Ray Lanes

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

DAY March 20

March 21

ACTIVITY CODE 412012-01

412012-02





(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! ADJULT HOCKEY



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 NIGHT

Wednesday

40 & OVER LEAGUE TIME

5:45 pm

20 & OVER LEAGUE TIME

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

8 NOV.

-28 FEB.

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

Sunday

ASSOCIATE LEAGUE TIME (Times rotates monthly)

5:45 pm

INTERMEDIATE LEAGUE TIME (Time rotates monthly)

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 GF Park District has six ice arenas with ice available for rentl

CONTACT	TO VIEW ICE SCHEDULES
Nick Arola narola@gfparks.org 701-787-2808	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-

*NOT OPERATED BY THE GF PARK DISTRICT

GF YOUTH HOCKEY ASSOCIATION YOUTH HOCKEY PROGRAMS

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



TO REGISTER: GRANDFORKSYOUTHHOCKEY.COM

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

JUNIOR GOLD HOCKEY **GRAND FORKS STALLIONS**

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

TRYOUTS | PURPUR ARENA

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







FIGURE-SKATING-



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 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

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









LATE REGISTRATION:



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

covided by the 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

Lessons Start



(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

Open Skating Starts



(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

(1ST 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 Start

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

Lessons Start



(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

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

LESSON DAY	LOCATION
Saturday Lessons	Blue Line Club Arena
Sunday Lessons	Blue Line Club Arena

ADULT GROUP LESSONS

Lessons Start



(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





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











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

M-F: 6:30 am - 7:00 pm

SAT: 8:00 am - 1:30 pm

SUN: CLOSED

GENERAL HOURSBEGIN AFTER LABOR DAY

M-F: 6:00 am - 8:00 pm

SAT: 8:00 am - 5:00 pm

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



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 DATES

SESSION 1





REG. OPENS: AUG. 3

SESSION 2





REG. OPENS: SEPT. 14 NO CLASS: OCT 22, 24, NOV. 11, 12

SESSION 3



8 NOV.

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

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.1CODE	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

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)



LEVEL 2 | PERCH (KICKS & GLIDES)

DAYS	TIME	COST	SESS.1 CODE	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









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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) -

30 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

GRADES K-1

REG. OPENS: AUG. 3

NO CLASS: OCT. 22, 24, NOV. 11

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	9:00 - 10:00 am	\$90	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

BASKETBALL ACADEMY (GRADES 4 - 7) -

REG. OPENS: AUG. 3

NO CLASS: OCT. 22

30 Late Fee: \$10

Reg. Deadline

Location: Choice Health & Fitness

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

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

GRADES 4-5

DAYS	TIME	COST	REGISTRATION CODE	MAX CLASS CAPACITY
T & TH	3:30 - 4:30 pm	\$210	BB3-4350	12 Players
TUES	3:30 - 4:30 pm	\$110	BB3-4360	12 Players

GRADES 6-7

DAYS	TIME	COST	REGISTRATION CODE	MAX CLASS CAPACITY
T & TH	4:30 - 5:30 pm	\$210	BB3-4450	12 Players
TUES	4:30 - 5:30 pm	\$110	BB3-4460	12 Players











[Youth TENNIS]

HOW TO REGISTER



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TOTS TENNIS (3 - 5 YEARS)





Reg. Deadline

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

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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)



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: 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

TENNIS ACADEMY | INTERMEDIATE

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

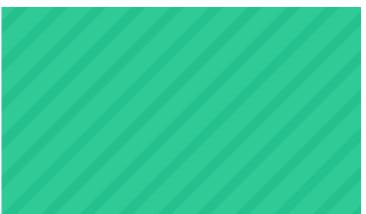
AGES	DAYS	TIME	COST	REGISTRATION CODE
11-14	T & TH	4:30 - 5:30 pm	\$304 \$379 (non-mem)	TN3-5310
15-18	T & TH	7:30 - 9:00 pm	\$304 \$379 (non-mem)	TN3-5350

TENNIS ACADEMY | ELITE

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

Game. Set. Match. ADULT TENNIS





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



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.

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







ADULT TENNIS & RACQUETBALL

RACQUETBA

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)





REGISTRATION OPENS: AUG. 3

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.

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)

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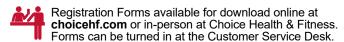




Youth VOLLEYBALL

HOW TO REGISTER





VOLLEYBALL ACADEMY (GRADES 4 - 8)



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

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

DAYS	TIMES	COST	REGISTRATION CODE	MAX CLASS CAPACITY
TUES & FRI	T: 6:45 - 7:45 pm F: 4:30 - 5:30 pm	\$126	VB3-3420	14 Players
TUES	6:45 - 7:45 pm	\$72	VB3-3430	14 Players
FRI	4:30 - 5:30 pm	\$54	VB3-3440	14 Players

Adult VOLLEYBALL

HOW TO REGISTER -



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

INDOOR VOLLEYBALL LEAGUE (AGE 16+ YEARS)





Game Times: TBA (check choicehf.com for program updates)

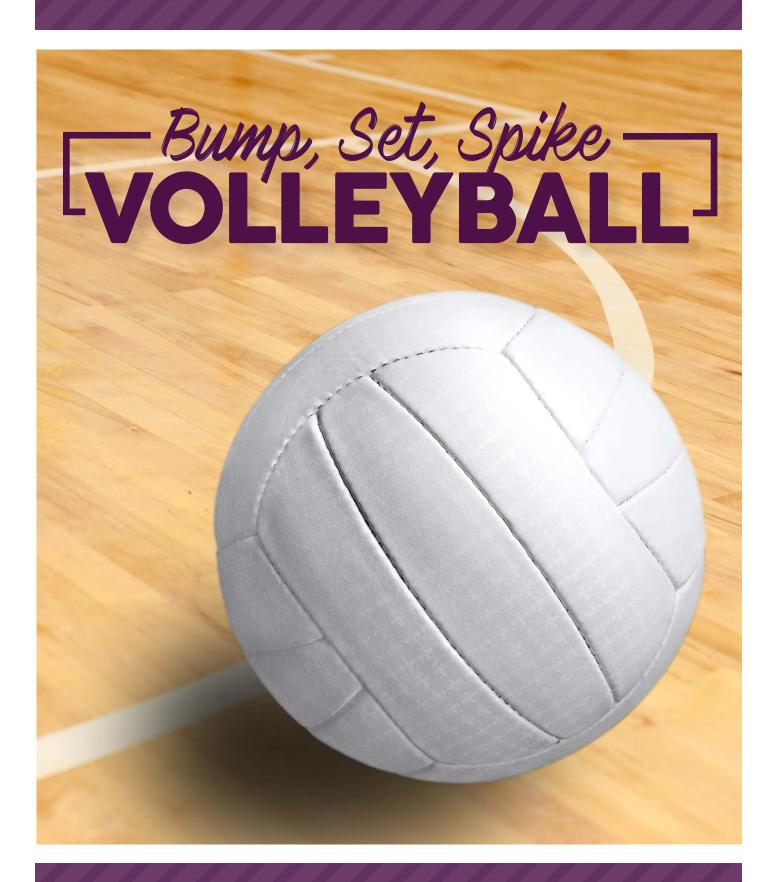
Location: Choice Health & Fitness Gym

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

REG. OPENS: AUG. 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)	



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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



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.

2O21 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**

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

2O21 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 free for children and available for use at the clubhouse.









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

ONE-STOP SHOP

AVAILABLE TO THE ENTIRE COMMUNITY

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

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

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

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

Y We're Your Best Choice **2 GREAT FACILITIES** 1 MEMBERSHIP

HOURS OF OPERATION

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

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—

Youth FITNESS

*MUST BE MEMBER OF CHOICE HEALTH & FITNESS / YMCA

HOW TO REGISTER -



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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	COST	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

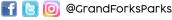
Choice Health & Fitness is an exercise and social haven for our mature adult population. We have SilverSneakers®, a fun blend of physical activity, healthy lifestyle, and socially-oriented programs that allow older adults to take greater control of their health. All Choice Health & Fitness Senior Programs 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!







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



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)

FALL SESSION 1

SEPT.
Reg. Deadline
Late Fee: \$10

FALL SESSION 2

5 - 30
SEPT.
OCT. SEPT.
Reg. Deadline
Late Fee: \$10

2 -28 NOV. NOV. 28 OCT. NOV. NOV. State Fee: \$10

REG. OPENS: SEPT. 28

REG. OPENS: AUG. 4

REG. OPENS: AUG. 31

Location: Choice Health & Fitness Personal Training Studio

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

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

ELEMENTARY | 8-11 YEARS

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!



PRESEASON WINTER SPORT TRAINING (AGES 8 - 18) -



Reg. Deadline Late Fee: \$10

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







-Sport Specific - TRAINING OPTIONS



TAKE YOUR GAME TO THE *NEXT LEVEL*.

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

TRAINING OPTIONS

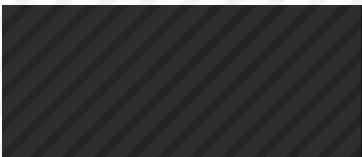
- 1 INDIVIDUAL TRAINING (PRIVATE)
- 2 GROUP TRAINING (SMALL GROUP / TEAM)

HOW TO REGISTER

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

Ph: 701.746.2790

Em: sportstraining@choicehf.com



INDIVIDUAL/GROUP TRAINING TRAINING AVAILABLE FOR BOTH YOUTH & ADULTS*





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



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

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.

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





SWIMMING

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

Trainer: Jared Connell



SOCCER

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

Trainer: Erin Morris



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



FOOTBALL

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

Trainer: Jared Connell





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

Trainer: Austin Jackson



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.

FALL SESSION 1





REG. OPENS: AUG. 4

FALL SESSION 2





REG. OPENS: AUG. 31

FALL SESSION 3



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 M & F

TIME 5:45 - 6:15 am SESS. 1 COST / CODE \$63 / FT3-41101

SESS. 2 COST / CODE \$72 / FT3-41102

SESS. 3 COST / CODE \$72 / FT3-41103

Class Walk-ins Not Permitted

INFERNO BOOT CAMP

Trainer: Erin Morris Location: ICON Max Class Capacity: 10

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

DAY M & W

TIME 5:45 - 6:45 pm SESS. 1 COST / CODE

SESS. 2 COST / CODE

SESS. 3 COST / CODE

\$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!



INTRO TO PILATES REFORMER

Trainer: Veronica Lien Location: Pilates Area Max Class Capacity: 3

Intro 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.1COST/CODE	SESS. 2 COST / CODE	SESS. 3 COST / CODE
W & F	6:00 - 6:30 am	\$72 / FT3-42101	\$72 / FT3-42102	\$72 / FT3-42103

Class Walk-ins Not Permitted

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 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.1COST/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.

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

Class Walk-ins Not Permitted





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	rge to any of the above



Meet Our TRAINERS



TAMMY KOPPANG MASTER TRAINER

701.215.2877 TKOPPANG@CHOICEHF.COM



MICHELLE CREMERS MASTER TRAINER

COACHMCLL@YAHOO.COM



701.212.2495 IOAKLAND.CHOICEHF@GMAIL.COM



STETSON CARR PERSONAL TRAINER

701.870.0880 SCARR.CHOICEHF@GMAIL.COM

NADIA MORNEAU PERSONAL TRAINER

NMORNEAU.CHOICEHF@GMAIL.COM



DAN HOFFMEYER PERSONAL TRAINER

701.350.0520 D.HOFFMEYER.CHOICEHF@CMAIL.COM



ERIN MORRIS PERSONAL TRAINER

701 381 8311 EMORRIS.CHOICEHF@GMAIL.COM

VERONICA LIEN MASTER TRAINER

701.269.9451 VLIEN.CHOICEHF@GMAIL.COM





JARED CONNELL MASTER TRAINER

701.400.7684 JCONNELL@CHOICEHF.COM

CHRIS LANGEI MASTER TRAINER

218.779.7705 CLANGEI@CHOICEHF.COM





JORID DAGFINRUD MASTER TRAINER

701.740.0206 IDAGFINRUD.CHOICE@GMAIL.COM

LISA ROLLEFSTAD MASTER TRAINER

701.746.2790 EXT. 204 LROLLEFSTAD@CHOICEHF.COM





AUSTIN JACKSON PERSONAL TRAINER

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IAMES SIMON PERSONAL TRAINER

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NOT SURE WHERE TO START?

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

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vate Clubs and

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 @GSDakotaHorizons @DakotaHorizons

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.

DAY	TIME
MON	4:00 pm - 5:15 pm

For info & registration, contact:

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





@GrandForksCurl

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 🚮 @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



Greater Grand Forks Soccer Club



@GGFSC

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?

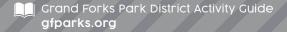
CHOICE HEALTH & FITNESS OFFERS TRAINING PROGRAMS TO PREPARE YOU FOR YOUR NEXT RACE!

Choice Boot Camps, Sports Training, and more

For more information, contact:

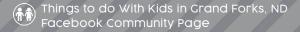
sportstraining@choicehf.com | 701.746.2790

KNOW WHERE TO LOOK









Northern Valley Arts Calendar novac.org

GGF Young Professionals Event Calendar ggfyp.com

Extreme Racing Event Calendar





Sponsolship 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?

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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.

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M-F9AM-8PM | SAT 9AM-4PM | SUN CLOSED EXCLUSIVE BODY & FACIAL WAXING STUDIO

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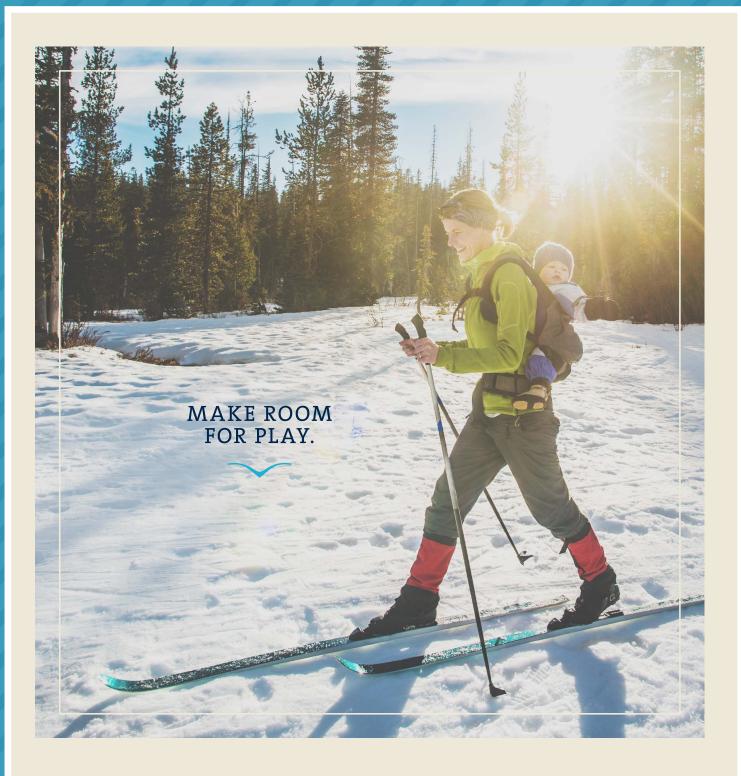
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- ► Employee Education

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**.

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For details, visit xcelenergy.com.

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SAT. SEPTEMBER 12TH

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





Northlands For More Information

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





BIG THANKS TO OUR SPONSORS!















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.



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