



the fall. 2022-2023 & winter guide

GRAND FORKS PARK DISTRICT



More Fun in the Forks
RECREATION | EVENTS | PARKS | FACILITIES



Right Care, Right Here

Getting you back to the things you love.

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

altru.org/ortho

Self-pay Sports Physicals are back! To schedule an appointment call 701.795.2000

 **Altru**[®]

**Orthopedics &
Sports Medicine**



2022-23 FALL AND WINTER RECREATION

The Grand Forks Park District is packed full of amazing parks, recreation programs, leagues, fun public events, and life-enhancing facilities! For the past 117 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 to the right and maintain over 850 acres of outdoor fun listed below.

STAY ACTIVE THIS SEASON AND PLAY GRAND FORKS!



44 parks



9 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 birthday party rooms



1 cross-country ski trail (along the Greenway)



1 sledding hill (Lincoln Dr. Park)



1 indoor aquatics waterpark with 2 slides, zero depth entry pool, and splash park



1 three-lane lap pool



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



1 indoor playground with party room



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. 1907

SCENIC & HISTORIC GOLF

SEASONAL

lincolngolf.org

250 Elks Dr.

701.746.2788



gfparks recreation FOUNDATION

PUT BIG SMILES ON LITTLE FACES

YEAR ROUND

gfparksfoundation.org

P.O. Box 12429

701.746.2750



Contact Us

(701) 746-2750

gfparks.org

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

P.O. Box 12429
Grand Forks, ND 58208

info@gfparks.org

Program/Event Updates & Weather Cancellations

info line: (701) 787-3499

@GrandForksParks

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

Management Staff

PARK BOARD COMMISSIONERS

Tim Skarperud, President tskarperud@gfparks.org
Greg LaDouceur, Vice President gladouceur@gfparks.org
Cody Bartholomew, Commissioner cbartholomew@gfparks.org
Russell Kraft, Commissioner rkraft@gfparks.org
Jordan McIntyre, Commissioner jmcintyre@gfparks.org

PARK DISTRICT MANAGEMENT

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

*Designated ADA Coordinator

GF PARKS & REC FOUNDATION

George Hellyer, Executive Director
Jill Nelson, Development & Operations

DESIGN BY:



Catie Trontvet



Caitlin Dahl



Mercedes Coan

PHOTO CREDITS: Dave Bruner, Shawna Noel,
Caitlin Dahl, Lauren Simonson, Mercedes Coan

the fall.2022-2023 & winter guide

GRAND FORKS PARK DISTRICT

6 NOV. 13 FEB.

SESSION DATES:

Program start and end dates

6 NOV. 13 FEB.

HOW TO REGISTER:

gfparks.org by mail email in-person

SNOWPLOW SAM GROUP LESSONS

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

Lessons
Start
6 NOV.

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
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



14
NOVReg. Deadline
Late Fee: \$10**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.



gfparks.org



by mail



email



in-person



choicehft.com



in-person

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

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

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

Location: Blue Line Club Arena
Cost: \$70 / Resident | \$110 / Non-Resident

**PROGRAM DAYS,
COST, LOCATION:**

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

CODE

444001-42

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 summer job is waiting for you!
Have fun in the sun 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****TOYOTA**
of
GRAND FORKS

Inside the Guide

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

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Register for FALL & WINTER FUN!



KNIGHT FOR A PRINCESS



LUCKY STRIKE

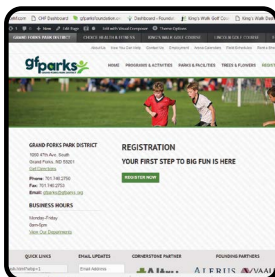


FIGURE SKATING



PAINTING LESSONS

3 WAYS TO REGISTER GFPARKS RECREATION PROGRAMS



ONLINE
GFPARKS.ORG



ONLINE
REGISTRATION
IS MOBILE
FRIENDLY



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

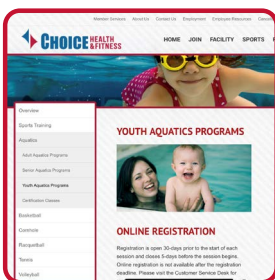


MAIL
GF PARK DISTRICT
ATTN: REGISTRATION
P.O. BOX 12429
GRAND FORKS, ND 58208



EMAIL
GFPARKS@GFPARKS.ORG

3 WAYS TO REGISTER CHOICE HEALTH & FITNESS PROGRAMS



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



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



EMAIL
DOWNLOAD FILLABLE PDFS
AT CHOICEHF.COM

PRIVATE PROGRAMS

THESE PROGRAMS ARE NOT RUN BY THE GF PARK DISTRICT



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



PRIVATE PROGRAMS



YOUTH SWIMMING



YOUTH BASKETBALL



YOUTH & ADULT TENNIS



YOUTH RACQUETBALL



YOUTH & ADULT VOLLEYBALL



SPORTS TRAINING



YOUTH FITNESS



GROUP TRAINING



REFUND POLICY:

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

TO COMPLETE THE REGISTRATION FORM BELOW:

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

YOUTH PROGRAM REGISTRATION FORM

PLEASE NOTE: YOU CANNOT REGISTER FOR 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 UNDERSTAND THE ABOVE AGREEMENT OUTLINING MY ASSUMPTION OF RISK AND WAIVER AND RELEASE OF ALL CLAIMS.

Participant or Parent/Guardian Signature _____ Date _____

ONE CHILD PER FORM PLEASE

CHILD'S FIRST AND LAST NAME

GENDER

BIRTHDATE
(MM - DD - YYYY)

PLEASE NOTE: This registration form is only applicable to GF Park District Youth Programs. Form *CANNOT* be used to sign-up for Choice Health & Fitness Programming.

PARENT/GUARDIAN NAME

CIRCLE CHILD'S T-SHIRT SIZE

YS

YM

YL

YXL

AS

AM

AL

AXL

ADDRESS

CITY

STATE

ZIP CODE

DAYTIME PHONE #

HOME PHONE #

CELL PHONE #

For program and weather updates, please provide your contact info for email alerts.

EMAIL ADDRESS

DOES PARTICIPANT HAVE ANY SPECIAL NEEDS WE SHOULD BE AWARE OF (DIABETES, CAR-POOLING, ASTHMA, ETC)?

PARK (if applicable)

ACTIVITY CODE (listed in Activity Guide)

FEE

PROGRAM NAME

000000-00

000000-00

000000-00

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

TYPE OF PAYMENT (please circle one):

CASH

CHECK

VISA

MASTERCARD

DISCOVER

AMEX

AMOUNT ENCLOSED:

CREDIT CARD #: _____ EXP. DATE: _____ / _____ CVV _____

SIGNATURE OF CARDHOLDER: _____

PLEASE MAKE CHECKS PAYABLE TO: **GRAND FORKS PARK DISTRICT**

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

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

PART 1: ANSWER 3 QUESTIONS

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

PART 2: CONTACT INFORMATION

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

PARENT / GUARDIAN INFORMATION

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

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

Parent/Guardian Signature: _____ Date: _____

PART 3: SUBMIT YOUR REQUEST

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

PART 4: REGISTER FOR PROGRAMS

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

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

Approved By: _____ Date: ____/____/____

Season/Session Approved: (Check One)

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

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

PROGRAMS / MEMBERSHIP(S):

FEE CHARGED

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

PARK DISTRICT (50% Off)

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

CHOICE HEATH & FITNESS (75% Off)

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

Youth Recreation SCHOLARSHIPS

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



GF PARKS PROGRAMS & SWIM PASSES

50% OFF

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

*See request form for list of eligible programs



CHOICE YOUTH MEMBERSHIP & PROGRAMS

75% OFF

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

*See request form for list of eligible programs



YOUTH RECREATION SCHOLARSHIPS | 7-8

- Apply Today -

WHO IS ELIGIBLE?



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

HOW TO REQUEST A SCHOLARSHIP:

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

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

DID YOU KNOW?



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

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

NEW!

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

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 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!

Learn more, visit gfparksfoundation.org.

RENOVATION OF KRAFT FIELD

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

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

LAW ENFORCEMENT MEMORIAL

@ OPTIMIST PARK

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

Through community philanthropy, the Northern Valley Law Enforcement Memorial steering committee is working to raise \$450,000 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. With your help the steering committee hopes to break ground this fall or next spring.

Learn more, visit gfparksfoundation.org.

RENOVATION OF EAGLES/BLUE LINE CLUB ARENA

Through community philanthropy, we plan to renovate the current Eagles & Blue Line Club Arenas over the next few summers. When completed, the facility will seat over 500 spectators, have noise reduction features, and much more. For more information, visit gfparksfoundation.org.

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

GIVING HEARTS DAY

9

FEB.

On February 9, 2023, 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.

Feb. 9th,
2023

Save the
Date

Grand Forks

PARKS & TRAILS MAP

A

B

C

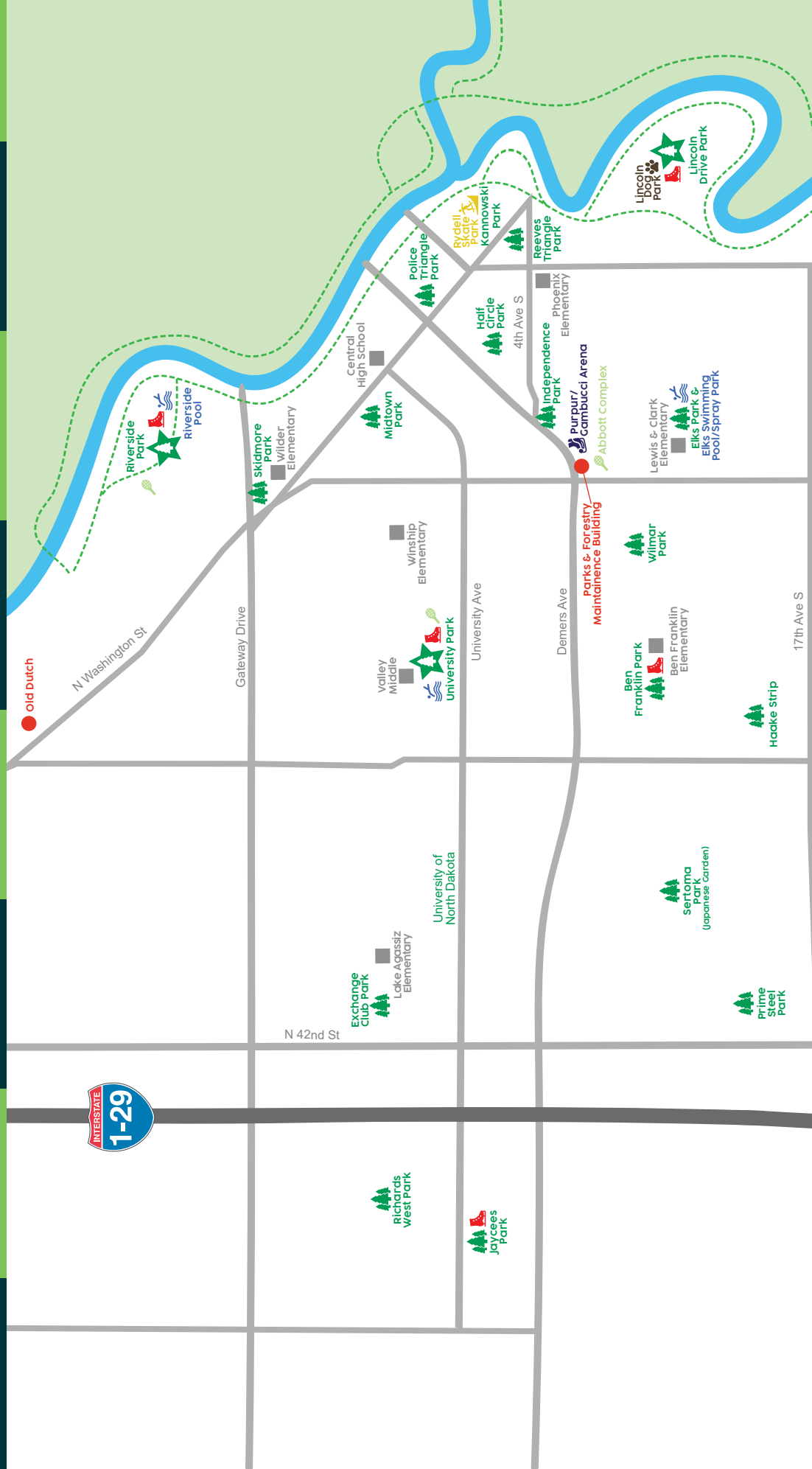
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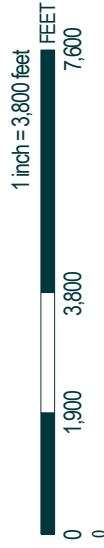
2

3

4

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

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



Park & Facility AMENITIES



**healthy
lungs at play**

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

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

FACILITIES & FEATURE PARKS

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

PARKS & SHELTERS

F-4	Abbott Complex	705 S. 12th St.																													
F-7	Altru Wellness Village	4401 S. 11th St.																													
G-9	Bill Palmisano Park	5855 Cherry St.																													
E-4	Ben Franklin Park	2111 Westward Dr.	701.746.2771																												
E-6	Bringewatt Park	2205 24th Ave. S.	701.746.2785																												
F-6	Cox Park	800 24th Ave. S.	701.746.2773																												
F-4	Elks Park	1002 13th Ave. S.	701.746.2781																												
C-3	Exchange Club Park	3702 6th Ave. N.	701.746.2775																												
D-5	Haake Strip Park	Bike path between BF & Apollo																													
F-3	Half Circle Park	614 3rd Ave. S.																													
F-4	Independence Park	1000 5th Ave. S.																													
B-3	Jaycees Park	4790 Technology Cr.	701.787.2229																												
G-3	Kannowski Park/Rydell Skate Park	701 S. 4th St.																													
F-6	Kelly Park	904 32nd Ave. S.	701.746.2774																												
D-7	Kiwanis Park (North Park)	3851 S. 34th St.																													
D-7	Kiwanis Park (South Park)	4100 S. 32nd St.																													
G-4	Lincoln Drive Park	120 Euclid Ave.	701.740.1826																												
D-5	Lions Park	3211 17th Ave. S.	701.746.2782																												
E-7	Masonic Park	1950 40th Ave. S.																													
F-3	Midtown Park	402 N. 6th St.																													
F-8	Optimist Park	4600 Cherry St.	701.746.2784																												
C-5	Prime Steel Park	3900 14th Ave. S.																													
B-3	Richards West Park	4700 6th Ave. N.	701.787.3487																												
F-2	Riverside Park	1810 N. 1st St.	701.215.9469																												
E-8	Ryan Park / Ryan Lake	2001 47th Ave. S.																													
D-4	Sertoma Park (Japanese Garden)	3300 11th Ave. S.																													
F-2	Skidmore Park	1210 N. 5th St.																													
E-6	Symington Park	1801 24th Ave. S.																													
E-3	University Park	320 N. 25th St.	701.746.2778																												
D-6	Veterans Memorial Park	2357 S. 34th St.																													
F-4	Williamson Park	1020 7th Ave. S.																													
E-4	Wilmar Park	904 S. 16th St.																													

Outdoor FUN



Winter Feature Parks

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

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

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

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

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
- Campground
- Picnic Areas
- Labyrinth
- Wildlife Observation
- Snowmobiling
- Cross Country Skiing
- 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. 22 - Jan. 2 (Closed Dec. 24-25)	12:00 - 8:30 pm

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



PUBLIC SKATING

NO PUBLIC SKATING: Oct. 30, Nov. 24

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

LOCATION	DATES	DAYS/TIME	FEES
ICON Sports Center	Oct. 3 - April 27	Monday - Thursday 12:00 pm - 1:30 pm	No Charge (<i>limited supervision</i>)
Blue Line Club Arena	Nov. 3 - Feb. 26	Thursday 8:15 pm - 9:30 pm Sunday 8:00 pm - 9:30 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.

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.

gfparks.org

FALL SESSION

9 + 1
SEPT. DEC.

WINTER SESSION

2 + 30
JAN. MARCH

ART SHOW: TBA

WATERCOLOR SHOW: TBA

PAINTING INSTRUCTORS:

Mary Haugstad: 701-740-5585

Joan Mullen: 218-779-3200

Zauna Synnott: 701-317-2101

DAY	TIME	FEE	ACTIVITY CODE
MON	6:30 pm - 9:00 pm	\$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	12:30 pm - 3:00 pm	\$50	124234-10
THURS	6:30 pm - 9:00 pm	\$50	124234-12

FIRST SEASON COMMUNITY CENTER

1122 7TH AVENUE SOUTH
(PURPUR ARENA)

Come see the HUGE indoor playground for all ages and sizes, a TV lounge, party area and a concession stand featuring the best popcorn in town!

First Season Community Center Phone Number:
701.746.2763

DATES

10 + 21
OCT. APRIL

FSCC ADMISSION RATES

Children (2-10 Yrs)	\$3.00 / Child (2-hour limit)
Adults	FREE (with child's paid admission)
Coupon Book (10 Passes)	\$25

FSCC HOURS OF OPERATION

Monday - Friday	10:00 am - 3:00 pm
Saturday & Sunday	CLOSED

THANK YOU TO OUR ACTIVITY GUIDE SPONSOR!

TURN THE MUSIC UP!

North Dakota Ballet Company & Academy

REGISTER TODAY

WWW.NORTHDAKOTABALLET.ORG





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.

KNIGHT FOR A PRINCESS FAIRYTALE NIGHT FOR GIRLS



17 & 18
FEBRUARY

Time: 6:00 - 9:00 pm

Location: Alerus Center

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

24 & 25
MARCH

Registration begins: Dec. 1, 2022

How to Register:
(Pre-registration required)



DAY	ACTIVITY CODE
Feb. 17	TBD
Feb. 19	TBD
March 18	TBD
March 19	TBD

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.

BLACK CAT BASH**27**
OCTOBER**HALLOWEEN
EVENT FOR KIDS!****Time:** 5:30 pm - 7:30 pm**Location:** First Season Community Center
1122 7th Avenue South (Purpur Arena)**Ages:** Children 10 years & under**Admission:** One non-perishable food shelf item
donation per person.

Are you ready for a "Spooktacular" time?
Calling all little pumpkins to an evening of fun that
would be frightening to miss! Spooky stories, crafts,
and games will make this party the scream of the season!
Be sure to come dressed in your favorite costume!
(Co-Hosted by Alpha Phi Sorority)

BLIZZARD BASH**OPEN SKATING
& MOVIE EVENT!****16**
JANUARY**Time:** 1:00 pm - 4:00 pm**Location:** ICON Sports Center
1060 47th Avenue South**Admission:** FREE

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

EVENT SCHEDULE:

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

SANTA VILLAGE**FUN HOLIDAY EVENT
FOR THE WHOLE FAMILY!****1 + 22**
DECEMBER DECEMBER**Location:** TBA**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 VILLAGE GENERAL PUBLIC TIMES:

Monday - Friday: 10:00 am - 7:00 pm
Saturday: 10:00 am - 7:00 pm
Sunday: 12:00 pm - 7:00 pm

SANTA & MRS. CLAUS VISITS:

*Santa and Mrs. Claus will be on site for story time!
Magic Show ahead of Santa's Arrival at 12:45pm*

Saturday, December 10 1:00 pm - 5:00 pm
Sunday, December 11 1:00 pm - 5:00 pm
Saturday, December 17 1:00 pm - 5:00 pm
Sunday, December 18 1:00 pm - 5:00 pm

FUN EVENTS AT SANTA VILLAGE!**ELF ACADEMY - NEW!!!**

Games & crafts with Santa's elves!
Dates: Dec. 8th & 16th | Times: TBD
Visit gfparks.org for details.

BREAKFAST WITH SANTA

Enjoy breakfast with Santa!
Dates: Dec. 9, 10, 16, 17 | Times: TBD
Visit gfparks.org for details.

HOSTING A HOLIDAY PARTY?

LINCOLN CLUBHOUSE WILL BE BEAUTIFULLY DECORATED
WITH HOLIDAY TREES FOR THE PERFECT GATHERING SPACE.

Lincoln Clubhouse | 250 Elks Drive**Rentals Available:** Dec. 1 - Feb. 1 | **Cost:** \$250**Book an Event:** 701-746.2750 | iroche@gfparks.org**GREENWAY
SNOW DAY****FAMILY SNOW DAY!****4**
FEBRUARY**Time:** 10:00 am - 4:00 pm**Location:** Lincoln Drive Park**Admission:** FREE

Join us for a snow-filled day of
ice skating, snowshoeing, cross-country
skiing, sledding, horse-drawn sleigh rides, and cardboard
sled races. Everyone, grab your hat, mittens and friends
and we'll see you at Lincoln Drive Park for Greenway
Snow Day! We would like to say a big thanks to Leighton
Broadcasting, and the Ski & Bike Shop for their support!

**LUCKY STRIKE
BOWLING****MOTHER/SON
BOWL-A-RAMA****1 & 2**
APRIL**Time:** 3:00 - 6:00 pm**Location:** Red Ray Lanes**Cost:** \$20/player (includes pizza & prizes!)**Registration begins:** Dec. 1, 2022

DAY	ACTIVITY CODE
April 1	412012-01
April 2	412012-02

How to Register:
(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.

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



Adult HOCKEY

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

6-27
NOV. FEB.

Cost: \$125 / resident
\$200 / non-resident

Location: Purpur Arena

TEAMS ARE FORMED AT THE RINK EACH NIGHT.

Associate League: A laid-back hockey league designed for recreational hockey players of all abilities.

Intermediate League: A more competitive hockey league designed for skaters with some high school experience.

How to Register:

Sign-up at Purpur Arena on registration night

Registration Night: November 7, 2022

(Bring all equipment. 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

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

2-22
NOV. FEB.

Cost: \$125 / resident
\$200 / non-resident

Location: Blue Line Club Arena

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

Registration Night: November 3, 2022

(Bring all equipment. 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

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 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

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:
GRANDFORKSYOUTHOCKEY.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. 14 | 8:00 - 10:00 PM

Nov. 15 | 8:00 - 10:00 PM

Nov. 17 | 8:00 - 10:00 PM

STALLION TOURNAMENT:

Jan. 27-29 | 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.

SESSION DATES

6 + **13**
NOV. FEB.

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

HOW TO REGISTER:



OPEN REGISTRATION:

22 + **19**
AUG. OCT.

LATE REGISTRATION EVENT:

14 **6:00 - 7:00 pm**
NOV. **Blue Line Club Arena**
\$10 late fee | No Registration after Nov. 14

NO LESSONS: DEC. 25 - JAN. 2

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)

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

Lessons
Start

6
NOV.

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 2022/23)

Location: ICON Sports Center | **Cost:** Free

Supervision not provided. No registration required.

Open Skating
Starts

7
NOV.

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)

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

Lessons
Start

6
NOV.

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)

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

Lessons
Start

6
NOV.

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)

Lessons
Start **6**
NOV.

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
SUN (7:00 - 7:45 pm) & MON (8:00 - 8:45 pm)	444007-62
Skaters will be divided into groups for Monday evening during 1st lesson	

ADULT GROUP LESSONS

(HIGH SCHOOL & OLDER)

Lessons
Start **6**
NOV.

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
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

11-12
MARCH

March 11 | 5:00pm

March 12 | 2:00pm

Location: Purpur Arena

FREE Event! Open to the Public

Ice Show Practices: February 14 - March 10



gf
parks.org
GRAND FORKS PARK DISTRICT

Indoor Swimming LESSONS



CHOICE HEALTH & FITNESS

AQUATICS COMPLEX

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

SUMMER HOURS BEGIN AFTER MEMORIAL DAY

MON-FRI: 5:30 am - 8:00 pm

SAT: 8:00 am - 5:00 pm

SUN: 11:00 am - 5:00 pm

GENERAL HOURS BEGIN SEPT. 6TH, 2022

MON-FRI: 5:30 am - 8:00 pm

SAT: 8:00 am - 7:00 pm

SUN: 11:00 am - 7:00 pm

Youth SWIMMING LESSONS

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.

FALL SESSION DATES

SESSION 1

6-3
SEPT. OCT.
30 AUG.
Reg. Deadline
Late Fee: \$10

REG. OPENS: AUG. 1

SESSION 2

24-17
OCT. NOV.
17 OCT.
Reg. Deadline
Late Fee: \$10

REG. OPENS: SEPT. 19

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:** 8 Swimmers

DAYS	TIME	COST	SESS. 1 CODE	SESS. 2 CODE
WED	6:00 - 6:30 pm	\$48 / \$64 (non-mem)	AQ3-3101	AQ3-3102

ADVANCED PARENT & ME (2 - 3 YEARS)

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

Max Class Capacity: 6 Swimmers

DAYS	TIME	COST	SESS. 1 CODE	SESS. 2 CODE
MON	6:00 - 6:30 pm	\$48 / \$64 (non-mem)	AQ3-3501	AQ3-3502

TINY TOTS SWIMMING (AGES 3 - 4 YEARS)

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

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

DAYS	TIME	COST	SESS. 1 CODE	SESS. 2 CODE
M & W	5:00 - 5:30 pm	\$80 / \$120 (non-mem)	AQ3-4201	AQ3-4202
T & TH	5:00 - 5:30 pm	\$80 / \$120 (non-mem)	AQ3-4501	AQ3-4502

SWIMMING ACADEMY (AGES 4 YEARS & UP)

FALL SESSION DATES

SESSION 1

6-3

30 AUG.

Reg. Deadline
Late Fee: \$10

SEPT. OCT.

REG. OPENS: AUG. 1

SESSION 2

24-17

17 OCT.

Reg. Deadline
Late Fee: \$10

OCT. NOV.

REG. OPENS: SEPT. 19

Swimming Academy is designed to teach children all levels of swimming, from basic and competitive skills to rescue strokes and water safety. **Max Class Capacity: 4 Swimmers**

LEVEL 1 | SUNFISH (BOBS & FLOATS)

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

LEVEL 2 | PERCH (KICKS & GLIDES)

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

LEVEL 3 | BASS (FREESTYLE & ELEMENTARY BACKSTROKE)

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

LEVEL 4 | WALLEYE (BACKSTROKE & TREADING)

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

LEVEL 5 | NORTHERN PIKE (BREAST & SIDESTROKE)

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

LEVEL 6 | MUSKIE (BUTTERFLY & MASTER ALL SKILLS)

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

PRIVATE LESSONS



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

Youth BASKETBALL



THANK YOU TO OUR ACTIVITY GUIDE SPONSOR!

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Real people.
Real results.

Youth BASKETBALL

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)

6 - 19
SEPT. NOV.
30
AUG.
Reg. Deadline
Late Fee: \$10

REG. OPENS: AUG. 1
NO CLASS: OCT. 18-22

Location: Choice Health & Fitness

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

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

GRADES K-1

DAYS	TIME	COST	REGISTRATION CODE	MAX CLASS CAPACITY
M & W	3:30 pm - 4:30 pm	\$200	BB3-3110	6 Players
MON	3:30 pm - 4:30 pm	\$100	BB3-3120	6 Players
WED	3:30 pm - 4:30 pm	\$100	BB3-3130	6 Players
SAT	8:00 am - 9:00 am	\$100	BB3-3140	12 Players

GRADES 2-3

DAYS	TIME	COST	REGISTRATION CODE	MAX CLASS CAPACITY
M & W	4:30 pm - 5:30 pm	\$200	BB3-3210	6 Players
MON	4:30 pm - 5:30 pm	\$100	BB3-3220	6 Players
WED	4:30 pm - 5:30 pm	\$100	BB3-3230	6 Players
SAT	9:00 am - 10:00 am	\$100	BB3-3240	12 Players

GRADES 4-6

DAYS	TIME	COST	REGISTRATION CODE	MAX CLASS CAPACITY
SAT	10:00 am - 11:00 am	\$100	BB3-3340	12 Players

BASKETBALL SKILLS CLINIC (GRADES 4 - 7)

SESSION 1

6 - 4
SEPT. OCT.
30
AUG.
Reg. Deadline
Late Fee: \$10

REG. OPENS: AUG. 1

SESSION 2

11 - 15
OCT. NOV.
3
OCT.
Reg. Deadline
Late Fee: \$10

REG. OPENS: SEPT. 12
NO CLASS: OCT. 18

Location: Choice Health & Fitness

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

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

GRADES 4-7

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

Youth TENNIS



Choice Health & Fitness YOUTH TENNIS

HOW TO REGISTER



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



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

TINY TOTS TENNIS (3 - 5 YEARS)

10+5
SEPT. NOV.
30
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: AUG. 1 | NO CLASS: OCT. 1

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

10 & UNDER TENNIS (5-10 YEARS)

6+17
SEPT. NOV.
30
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: AUG. 1 | NO CLASS: SEPT. 29

10 & UNDER TENNIS | BEGINNER

AGES	DAYS	TIME	COST	REG. CODE
5-6	THURS	3:30 - 4:30 pm	\$100	TN3-4110
7-8	WED	4:00 - 5:00 pm	\$110	TN3-4140
9-10	WED	5:00 - 6:00 pm	\$132	TN3-4170

10 & UNDER TENNIS | INTERMEDIATE

AGES	DAYS	TIME	COST	REG. CODE
5-6	THURS	3:30 - 4:30 pm	\$100	TN3-4210
7-8	M & W	4:00 - 5:00 pm	\$252	TN3-4240
9-10	M & W	5:00 - 6:00 pm	\$252	TN3-4270

10 & UNDER TENNIS | ADVANCED

AGES	DAYS	TIME	COST	REG. CODE
5-6	T & TH	3:30 - 4:30 pm	\$210	TN3-4310
7-8	M & W	4:00 - 5:00 pm	\$252	TN3-4340
9-10	M & W	5:00 - 6:00 pm	\$252	TN3-4370

TENNIS ACADEMY (11 - 18 YEARS)

6+17
SEPT. NOV.
30
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: AUG. 1 | NO CLASS: SEPT. 29

TENNIS ACADEMY | BEGINNER

AGES	DAYS	TIME	COST	REG. CODE
11-14	T & TH	6:00 - 7:00 pm	\$252	TN3-5120
15-18	T & TH	6:00 - 7:00 pm	\$252	TN3-5160

TENNIS ACADEMY | INTERMEDIATE

AGES	DAYS	TIME	COST	REG. CODE
11-14	T & TH	4:30 - 5:30 pm	\$252 \$327 (non-mem)	TN3-5210
15-18	T & TH	7:30 - 8:30 pm	\$252 \$327 (non-mem)	TN3-5250

TENNIS ACADEMY | ADVANCED

AGES	DAYS	TIME	COST	REG. CODE
11-14	T & TH	4:30 - 5:30 pm	\$252 \$327 (non-mem)	TN3-5310
15-18	T & TH	7:30 - 8:30 pm	\$252 \$327 (non-mem)	TN3-5350

Adult TENNIS



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



INTRO TENNIS SERIES

(FIRST LESSON IS **FREE!**)

SESSION 1

12 SEPT. + **17** OCT.

REG. OPENS: AUG. 8

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

SESSION 2

7 NOV. + **12** DEC.

REG. OPENS: OCT. 5

31 OCT.
Reg. Deadline
Late Fee: \$10

HOW TO REGISTER



NEW! ONLINE REGISTRATION

Available to members only*

Register online at choicehf.com



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

Location: Choice Health & Fitness

Max Capacity: 12 Players

Give tennis a try! Join one of our tennis professionals for an adult introductory tennis lesson series.

The series consists of one free intro group lesson followed by (5) one-hour group lessons. Come learn the basic strokes needed to play this lifetime sport.

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

TENNIS DRILLS

Location: Choice Health & Fitness

(No Pre-registration Required)

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

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

Drills are the most popular tennis activity at Choice Health & Fitness. A pro leads a group of players through a variety of on-court drills. Participants are grouped with players who have similar abilities.

DRILL DAYS	TIMES
SUNDAYS	1:00 - 2:30 pm
MONDAYS	9:00 - 10:30 am 6:00 - 7:30 pm
TUESDAYS	9:00 - 10:30 am 12:00 - 1:00 pm 6:00 - 7:30 pm
WEDNESDAYS	9:00 - 10:30 am 6:00 - 7:30 pm
THURSDAYS	9:00 - 10:30 am 2:00 - 1:00 pm 6:00 - 7:30 pm
FRIDAYS	10:30 am - 12:00 pm 12:00 - 1:00 pm
SATURDAYS	9:00 - 10:30 am

Youth & Adult RACQUETBALL



YOUTH RACQUETBALL ACADEMY (GRADES 4 - 8)

6

SEPT.

15

NOV.

30

AUG.

Reg. Deadline
Late Fee: \$10

Location:
Choice Health & Fitness
How to Register: 

REG. OPENS: AUG. 1 | NO CLASS: OCT. 18

Cost: \$88 / \$118* with Racquetball Starter Kit
*Starter kit includes new racquet, eye wear, & racquetballs

Designed to develop the fundamentals of racquetball, utilizing skill development sessions with our racquetball instructors.

Choice Racquetball Academy is open to Choice Health & Fitness members and non-members.

DAYS	TIMES	REG. CODE
TUES	4:30 - 5:30 pm	RB3-3620 (with kit: RB3-3620K)

PRIVATE LESSONS

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

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



ADULT RACQUETBALL LEAGUES

26

SEPT.

15


NOV.

30

AUG.

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.

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

Volleyball

BUMP.
SET.
SPIKE!

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)

6 SEPT. + **3** NOV. **30** AUG.
Reg. Deadline
Late Fee: \$10

REG. OPENS: AUG. 1
NO CLASS: OCT. 18 - 20

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 - 4:30 pm	\$160	VB3-3320	7 Players
Grades 4-5	TUES	3:30 - 4:30 pm	\$80	VB3-3330	7 Players
Grades 4-5	THURS	3:30 - 4:30 pm	\$80	VB3-3340	7 Players
Grades 6-8	T & TH	4:30 - 5:30 pm	\$160	VB3-3420	7 Players
Grades 6-8	TUES	4:30 - 5:30 pm	\$80	VB3-3430	7 Players
Grades 6-8	THURS	4:30 - 5:30 pm	\$80	VB3-3440	7 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)

29 SEPT. + **11** DEC. **19** 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: AUG. 29 | NO CLASS: NOV. 24 & 27

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)



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- Laundry



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 2211 S. WASHINGTON ST. - GRAND FORKS, ND 58201

Athletic Development PROGRAMS & CAMPS

Youth SPORTS TRAINING

HOW TO REGISTER



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



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

CORE STRENGTH & AGILITY (AGES 8 - 14)

FALL SESSION 1

6-1
SEPT. OCT.
30
AUG.
Reg. Deadline
Late Fee: \$10

REG. OPENS: AUG. 1

FALL SESSION 2

3-29
OCT. OCT.
26
SEPT.
Reg. Deadline
Late Fee: \$10

REG. OPENS: AUG. 29

FALL SESSION 3

31-23
NOV. NOV.
24
OCT.
Reg. Deadline
Late Fee: \$10

REG. OPENS: SEPT. 26

Location: Choice Health & Fitness Personal Training Studio

Contact Info: Jared Connell | sportstraining@choicehf.com | 701.746.2790

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

ELEMENTARY | 8-11 YEARS

TRAINER	DAYS	TIME	SESS. 1 COST / CODE	SESS. 2 COST / CODE	SESS. 3 COST / CODE	MAX CAPACITY
Austin Jackson	M & W	4:00 - 4:45 pm	\$87.50 / FT3-32101	\$100 / FT3-32102	\$100 / FT3-32103	8 Athletes
Nadia Momeau	T & TH	3:45 - 4:30 pm	\$100 / FT3-32201	\$100 / FT3-32202	\$87.50 / FT3-32203	8 Athletes
Nadia Momeau	FRI	3:45 - 4:30 pm	\$50 / FT3-32301	\$50 / FT3-32302	\$50 / FT3-32303	8 Athletes

MIDDLE SCHOOL | 12-14 YEARS

TRAINER	DAYS	TIME	SESS. 1 COST / CODE	SESS. 2 COST / CODE	SESS. 3 COST / CODE	MAX CAPACITY
Austin Jackson	M & W	4:45 - 5:30 pm	\$87.50 / FT3-32501	\$100 / FT3-32502	\$100 / FT3-32503	8 Athletes
Austin Jackson	T & TH	4:30 - 5:15 pm	\$100 / FT3-32601	\$100 / FT3-32602	\$87.50 / FT3-32603	8 Athletes
Nadia Momeau	FRI	3:45 - 4:30 pm	\$50 / FT3-32701	\$50 / FT3-32702	\$50 / FT3-32703	8 Athletes

DON'T SEE A TIME THAT WORKS FOR YOU OR YOUR TEAM? NO PROBLEM!

Contact Chris Langei or Jared Connell to coordinate a time that works with your schedule.
sportstraining@choicehf.com | 701.746.2790



PRESEASON WINTER SPORT TRAINING (AGES 8 - 18)

Location: Choice Health & Fitness & ICON

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

Preseason Winter Sport Training is a 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!

5-WEEK TRAINING (AGES 8 - 15)

12-14
SEPT. OCT.
7
SEPT.
Reg. Deadline
Late Fee: \$10
REG. OPENS: AUG. 8

PEEWEE / 10U / 12U

TRAINER	DAYS	TIME	LOCATION	COST	REGISTRATION CODE	MAX CLASS CAPACITY
CHF Staff	M & W	4:00 - 4:30 pm	ICON	\$95	FT3-2110	10 Athletes
CHF Staff	T & TH	3:30 - 4:00 pm	ICON	\$95	FT3-2120	10 Athletes

BANTAM / MIDDLE SCHOOL BOYS

TRAINER	DAYS	TIME	LOCATION	COST	REGISTRATION CODE	MAX CLASS CAPACITY
CHF Staff	T & TH	5:15 - 6:00 pm	ICON	\$125	FT3-2140	10 Athletes
CHF Staff	T & TH	4:15 - 5:00 pm	ICON	\$125	FT3-2141	10 Athletes

GIRLS | 12-15 YEARS

TRAINER	DAYS	TIME	LOCATION	COST	REGISTRATION CODE	MAX CLASS CAPACITY
CHF Staff	T & TH	5:15 - 6:00 pm	Altru PC	\$125	FT3-2150	10 Athletes

7-WEEK TRAINING (HIGH SCHOOL)

12-29
SEPT. OCT.
7
SEPT.
Reg. Deadline
Late Fee: \$10
REG. OPENS: AUG. 8

GIRLS | HIGH SCHOOL

TRAINER	DAYS	TIME	LOCATION	COST	REGISTRATION CODE	MAX CLASS CAPACITY
CHF Staff	T & TH	4:15 - 5:00 pm	Altru PC	\$175	FT3-2170	10 Athletes

BOYS | HIGH SCHOOL

TRAINER	DAYS	TIME	LOCATION	COST	REGISTRATION CODE	MAX CLASS CAPACITY
CHF Staff	M & TH	6:30 - 7:15 am	Altru PC	\$175	FT3-2190	10 Athletes



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.

Ph: 701.746.2790

Em: sportstraining@choicehf.com

STRENGTH & CONDITIONING TRAINING GROUPS ARE FORMING NOW!

PRESEASON / IN-SEASON BASEBALL TRAINING

Austin Jackson | ajackson.choicehf@gmail.com

FALL HOCKEY TRAINING

Chris Langei | clangei@choicehf.com

OFF-SEASON STRENGTH AND CONDITIONING

Basketball | Football | Soccer | Volleyball
Jared Connell | jconnell@choicehf.com

Individual & Group Training

TRAINING AVAILABLE FOR BOTH YOUTH & ADULTS*

SPORTS TRAINING | 35-36



BASEBALL/SOFTBALL

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

Trainer: Austin Jackson



DANCE



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

Trainer: Veronica Lien



GOLF

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

Trainer: Jared Connell



HOCKEY

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

Trainer: Chris Langei



TRACK



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

Trainer: Lisa Rollefstad



FIGURE SKATING

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

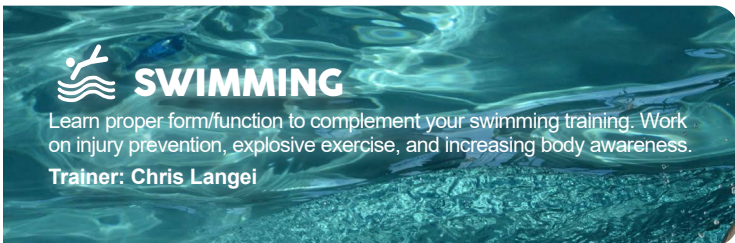
Trainer: Chris Langei



SWIMMING

Learn proper form/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

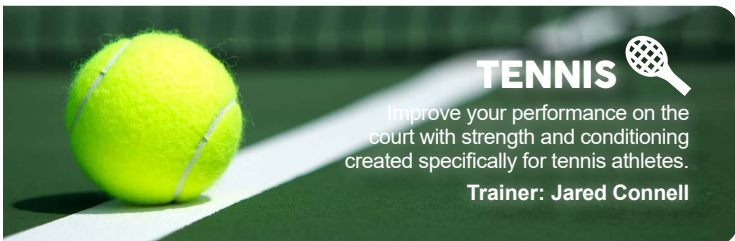


TENNIS



Improve 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 conditioning created
specifically for football players.

Trainer: Jared Connell

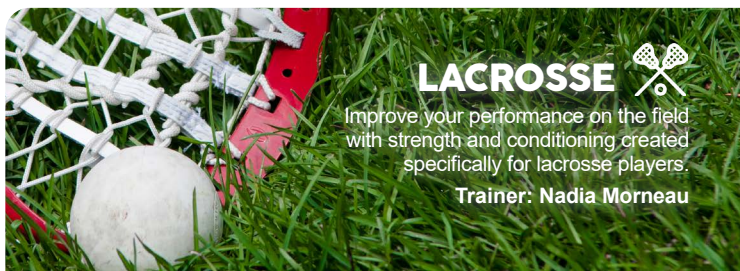


LACROSSE



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

Trainer: Nadia Morneau





KING'S WALK GOLF COURSE

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KING'S WALK GOLF COURSE



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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, 2022

Thinking about becoming a member next season? Make your 1st payment (25% of membership cost) on 2023's golf membership and play this fall for free.

HOLIDAY SPECIAL 2022

25 + **19**
NOV. DEC.

NOV. 25 - DEC. 19, 2022

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

KING'S WALK AMBASSADOR 2023 MEMBERSHIP DEAL

1 + **1**
JAN. APRIL

JAN. 1, 2023 - APRIL 1, 2023

Book your 2023 membership by April 1, 2023, 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.

2023 MEMBERSHIPS <small>*Proposed 2023 Rates are subject to change</small>	RATES
Adult Season	\$1,075 +tax
Adult Plus Spouse Season Ticket	\$1,375 +tax
Family Season Ticket (children up to age 23)	\$1,550 +tax
Senior Non-Restricted (60+)	\$995 +tax
Senior Couple (both 60+)	\$1,095 +tax
Senior Restricted Season Ticket (60+) (Tee off anytime 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

EST. 1909

LINCOLN GOLF COURSE

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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



2023 MEMBERSHIP RATES

RATES	
Adult Season	\$420 +tax
Adult Plus Spouse Season Ticket	\$600 +tax
Family Season Ticket	\$695 +tax
Senior Season Ticket	\$400 +tax
Intermediate Pass 19-25 yrs. old	\$300 +tax
*Junior Pass 13-18 yrs. old	\$130 +tax
*Youth Pass 9-12 yrs. old	\$105 +tax

PUNCH CARDS

RATES	
10 Round Punch Card 9 Holes	\$170 +tax
5 Round Punch Card 18 Holes	\$125 +tax

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

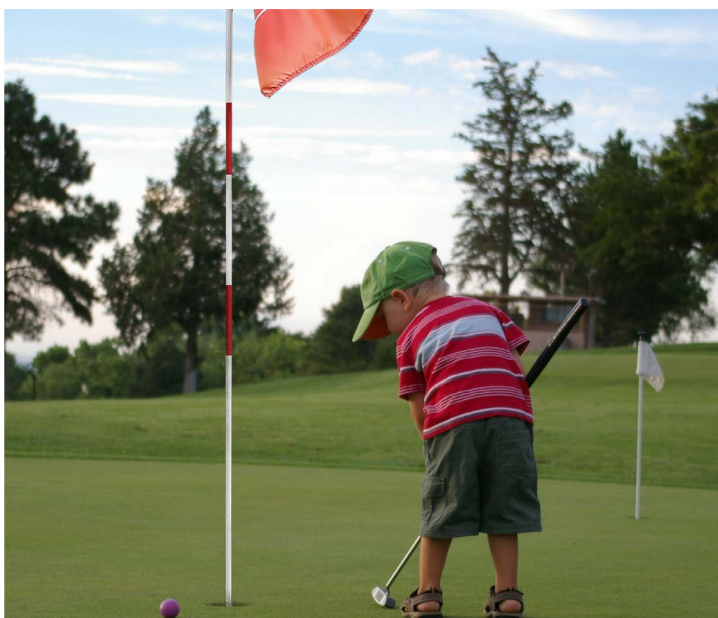
MULLALLY Little Links

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.



Inspiring HEALTH & HAPPINESS



CHOICE
HEALTH & FITNESS



GRAND FORKS PARK DISTRICT



the



Altru
HEALTH SYSTEM

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



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

FACILITY AMENITIES

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

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

ONE-STOP SHOP

AVAILABLE TO THE ENTIRE COMMUNITY

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

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

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

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

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



BECOME A MEMBER

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

MEMBERSHIP RATES ARE SUBJECT TO CHANGE
RATES LISTED ABOVE REQUIRE A 3-MONTH MINIMUM MEMBERSHIP

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

*Student: Full time student through age 24.

GUEST RATES

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

HOURS OF OPERATION

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

SUMMER HOURS BEGIN MEMORIAL DAY WEEKEND	GENERAL HOURS BEGIN SEPT. 6TH, 2022
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. 6TH, 2022
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 8:30 am - 1:00 pm No evening childcare on Saturday
SUNDAY: CLOSED	SUNDAY: CLOSED

Classes Included In **MEMBERSHIP** AT CHOICE HEALTH & FITNESS



Adult FITNESS | CLASSES

YOGA CLASSES

GENTLE YOGA

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

YOGA FLOW

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

SPORT YOGA

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

CHAIR YOGA

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

ANIMAL FLOW

Ground-based movement class designed to improve strength, power, flexibility, mobility, and coordination.

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.

STEP & DANCE CLASSES

ZUMBA®

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

STRENGTH & TONING CLASSES

LES MILLS BODYPUMP™

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

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 WEEKLY SCHEDULES
ONLINE AT CHOICEHF.COM**



Youth FITNESS

at Choice Health & Fitness



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

HOW TO REGISTER



NEW! ONLINE REGISTRATION

Available to members only*

Register online at choicehf.com



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

HEALTHY & ACTIVE KIDS (8-14 YEARS)

SESSION 1

9-30
SEPT. OCT. **30 AUG.**

REG. OPENS: AUG. 1

SESSION 2

7-28
OCT. OCT. **26 SEPT.**

REG. OPENS: AUG. 29

Trainer: Jared Connel

Location: Choice Kids Zone

Max Class Capacity: 8

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

AGES	DAY	TIME	COST	SESS. 1 CODE	SESS. 2 CODE
8 - 14	FRI	4:00 - 5:00 pm	FREE	FT3-331201	FT3-331202

FIT KIDS (5-14 YEARS)

SESSION 1

6-1
SEPT. OCT. **30 AUG.**

REG. OPENS: AUG. 1

SESSION 2

3-29
OCT. OCT. **26 SEPT.**

REG. OPENS: AUG. 29

SESSION 3

31-23
OCT. NOV. **24 OCT.**

REG. OPENS: SEPT. 26

Location: Choice Kids Zone

Max Class Capacity: 8

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

5 - 7 YEARS

TRAINER	DAY	TIME	SESS. 1 COST/CODE	SESS. 2 COST/CODE	SESS. 3 COST/CODE
Jared	MON	4:30 - 5:00 pm	\$38 / FT3-332201	\$38 / FT3-332202	\$38 / FT3-332203
Nadia	TUES	4:30 - 5:00 pm	\$28.50 / FT3-332601	\$38 / FT3-332602	\$38 / FT3-332603

8 - 14 YEARS

TRAINER	DAY	TIME	SESS. 1 COST/CODE	SESS. 2 COST/CODE	SESS. 3 COST/CODE
Jared	MON	5:05 - 5:35 pm	\$38 / FT3-333251	\$38 / FT3-333252	\$38 / FT3-333253
Nadia	TUES	5:05 - 5:35 pm	\$28.50 / FT3-333601	\$38 / FT3-333602	\$38 / FT3-333601=3

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

CHOICE YOUTH ACTIVITIES CAMP (8-14 YEARS)

SESSION 1

9-30
SEPT. OCT. **30**
AUG.

REG. OPENS: AUG. 1

SESSION 2

7-28
OCT. OCT. **26**
SEPT.

REG. OPENS: AUG. 29

SESSION 3

4-18
OCT. NOV. **24**
OCT.

REG. OPENS: SEPT. 26

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

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

AGES	DAY	TIME	SESS. 1 COST / CODE	SESS. 2 COST / CODE	SESS. 3 COST / CODE
8 - 14	FRI	4:35 - 5:35 pm	\$62 / FT3-336351	\$62 / FT3-336352	\$62 / FT3-336353

Senior FITNESS

at Choice Health & Fitness

Choice Health & Fitness is an exercise and social haven for our mature adult population. We have SilverSneakers®, a fun blend of physical activity, healthy lifestyle, and socially-oriented programs that allow older adults to take greater control of their health. Most senior programs are included in membership and offered throughout the year. Senior Individual and Couple Membership Rates are available, see page 40 for details.

SILVER SNEAKERS® AND SILVER & FIT

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

SENIOR FITNESS CLASSES INCLUDED IN MEMBERSHIP

CHAIR YOGA

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

GENTLE YOGA

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

FUN & FIT

A variety of activities to improve quality of life.

SENIOR SPLASH

45-minute low impact water aerobics class.

SS CLASSIC®

Class focuses on muscular strength, range of movement, and activity.

YOGA FLOW

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

SENIOR CIRCUIT

Standing circuit workout to increase cardio endurance.

GENTLEMAN'S WATER CLUB

45-minute low impact water aerobics class for men.



Adult GROUP TRAINING

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

HOW TO REGISTER



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



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

6 + **1**
SEPT. OCT.
30
AUG.
Reg. Deadline
Late Fee: \$10
REG. OPENS: AUG. 1

SESSION 2

3 + **29**
OCT. OCT.
26
SEPT.
Reg. Deadline
Late Fee: \$10
REG. OPENS: AUG. 29

SESSION 3

31 + **23**
OCT. NOV.
24
OCT.
Reg. Deadline
Late Fee: \$10
REG. OPENS: SEPT. 26

ULTIMATE CARDIO

Trainer: Chris Langei (M&F) & Nadia Morneau (W)

Location: PT Studio

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

M.O.M. (MADE OF MUSCLE)

Trainer: Sandy Johnson

Location: Fitness Floor

Max Class Capacity: 8

Trainer Sandy Johnson leads this 45-minute strength class for those who want to learn, build muscle, and empower their minds.

DAY	TIME	SESS. 1 COST / CODE	SESS. 2 COST / CODE	SESS. 3 COST / CODE
T & TH	10:00 - 10:45 am	\$100 / FT2-46201	\$100 / FT2-46202	\$100 / FT2-46203

FITNESS BOXING

Trainer: Nadia Morneau

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

Max Class Capacity: 8

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

DAY	TIME	SESS. 1 COST / CODE	SESS. 2 COST / CODE	SESS. 3 COST / CODE
T & TH	5:45 - 6:30 am	\$100 / FT3-45201	\$100 / FT3-45202	\$87.50 / FT3-45203

POWER CORE PILATES

Trainer: Veronica Lien

Location: Pilates Area

Max Class Capacity: 6

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

DAY	TIME	SESS. 1 COST / CODE	SESS. 2 COST / CODE	SESS. 3 COST / CODE
M & W	8:45 - 9:30 am	\$87.50 / FT3-42201	\$100 / FT3-42202	\$100 / FT3-42203

PRIVATE PILATES REFORMER TRAINING AVAILABLE!

CONTACT TRAINER VERONICA LIEN FOR DETAILS & TO SCHEDULE TRAINING.

VERONICA LIEN | VLIE.N.CHOICEHF@GMAIL.COM



Group TRAINING

AT CHOICE HEALTH & FITNESS

ADULT STRENGTH TRAINING GROUPS FORMING NOW!

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

AUSTIN JACKSON (AJACKSON.CHOICEHF@GMAIL.COM) | NADIA MORNEAU (NMORNEAU.CHOICEHF@GMAIL.COM)

CHOICE FALL BOOT CAMP

SESSION 1

22-27
AUG. SEPT.

15
AUG.

Reg. Deadline
Late Fee: \$10

REG. OPENS: JULY 25

Choice Fall Boot Camp is a 6-week challenge for those looking to get in shape and tone up. Participate, commit to a 1-hour intense boot camp training session per week and daily orders to be completed individually by participants.

DAY	TIME	FALL SESSION COST / CODE
TUES	12:00 - 1:00 pm	\$111 / FT3-43811
THURS	5:45 - 6:45 am	\$111 / FT3-43841

Personal TRAINING

AT CHOICE HEALTH & FITNESS

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

Session	TRAINING RATES 1 PERSON		TRAINING RATES 2 PEOPLE	
	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

Session	TRAINING RATES 3-4 PEOPLE		TRAINING RATES 5+ PEOPLE
	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 Talented TRAINERS

PERSONAL TRAINING | 47-48

TAMMY KOPPANG MASTER TRAINER

701.215.2877
TKOPPANG@CHOICEHF.COM



SANDY JOHNSON MASTER TRAINER

218.791.7743
SJOHNSON.CHOICEHF@GMAIL.COM



VERONICA LIEN MASTER TRAINER

701.269.9451
VLIEN.CHOICEHF@GMAIL.COM



JARED CONNELL MASTER TRAINER

701.400.7684
JCONNELL@CHOICEHF.COM



JEN OAKLAND PERSONAL TRAINER

701.212.2495
JOAKLAND.CHOICEHF@GMAIL.COM



CHRIS LANGEI MASTER TRAINER

218.779.7705
CLANGEI@CHOICEHF.COM



MICHELLE CREMERS MASTER TRAINER

COACHMCLL@YAHOO.COM



JORID DAGFINRUD MASTER TRAINER

701.740.0206
JDAGFINRUD.CHOICE@GMAIL.COM



NADIA MORNEAU PERSONAL TRAINER

NMORNEAU.CHOICEHF@GMAIL.COM



LISA ROLLEFSTAD MASTER TRAINER

701.746.2790 EXT. 204
LROLLEFSTAD@CHOICEHF.COM



AMANDA PERSONAL TRAINER

ADUFNER.CHOICEHF@GMAIL.COM



AUSTIN JACKSON MASTER TRAINER

AJACKSON.CHOICEHF@GMAIL.COM



KRIS WIFALL PERSONAL TRAINER

701.739.4433
KWIFALL.CHOICEHF@GMAIL.COM



BROCK MONTGOMERY PERSONAL TRAINER

218.791.1564



NOT SURE WHERE TO START?

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

701.746.2790 | PERSONALTRAINING@CHOICEHF.COM

Private CLUBS & PROGRAMS

GF WOMEN'S HOCKEY

Recreational hockey league for women!



Location: Blue Line Club

Day: Sundays

Time: 10:00 - 11:00 am

For more information, contact:

Sarah Boese | 218-791-5366

GIRL SCOUTS

"When you're a Girl Scout, you call the shots!"

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

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

Have Questions?

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

@GSDakotaHorizons

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

BIO GIRLS

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

For more information, visit: www.biogirls.org



STARS ATHLETICS VOLLEYBALL (GRADES 5 - 12)

2023 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 2022
Grades 5-6	January 2023

For registration info, email: starsathletics@hotmail.com

Find additional program info at:

GrandForksStarsVolleyball.com

JUNIOR CURLING

2022-23 SESSION



Location: GF Curling Club | 1124 7th Ave. S.

Fee: \$25 (includes equipment)

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

For information & registration, contact:

grandforkscurling@gmail.com

@GFCurling

@GrandForksCurl

FASTBREAK BASKETBALL

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

GIRLS 3RD-4TH GRADE | 3 ON 3

Sept. 6 - Oct. 8 (Reg Deadline: Aug. 30)

GIRLS 5TH-8TH GRADE | 3 ON 3

Sept. 6 - Oct. 8 (Reg Deadline: Aug. 30)

BOYS 3RD-4TH GRADE | 3 ON 3

Oct. 10 - Nov. 10 (Reg Deadline: Oct. 3)

BOYS 5TH- 8TH GRADE | 5 ON 5

Oct. 10 - Nov. 10 (Reg Deadline: Oct. 3)

Register at www.gffastbreak.com

GREATER GRAND FORKS SOCCER CLUB

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

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

 @Greater Grand Forks Soccer Club  @GGFSC

FALL RECREATIONAL SOCCER | AGE 4 - 6TH GRADE

- Recreational team practice & play
- August - October | Weeknights & Saturdays
- Registration Deadline: August 12

WINTER ACADEMY PROGRAM | AGES 4-18

- Indoor skill development sessions and scrimmages
- Optional indoor tournaments
- November 2022 - February 2023 | Sundays & Weeknights
- Registration opens in September 2022

SPRING RECREATIONAL SOCCER | AGE 4 - 6TH GRADE

- Recreational team practice & play
- April-May 2023 | Weeknights & Saturdays
- Registration opens in March 2023

RED RIVER VALLEY ATHLETICS

2022-2023 SESSION

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

Contact: 701-746-2797

Registration: www.rrvathletics.org

 @Red River Valley Athletics

GROUND UP ADVENTURES

INTERESTED IN NON-TRADITIONAL SPORTS?

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

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

Hours of Operation:

Saturday & Sunday 10am - 8pm | Holiday Mondays 10am - 6pm

Cost: 18+ yrs*: \$15/Person | 12-17 yrs: \$10/person

Kids 11 & under paddle free!

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

For more information, visit: groundupadventures.com

   @GrandForksParks

GRAND FORKS RACE EVENTS

2022-23 RACE EVENTS

Aug. 13	Law Enforcement 10-78
Aug. 25	Color Blaze 2022 - Color Fun Run!
Aug. 26-27	Grand Forks 10 Mile Weekend (10M, 10K, & 5K)
Sept. 9	Get Wet Run Wild - Kids Fun Run
Sept. 10	Green Dot Trot
Sept. 17	Northlands Rescue Mission Home Run
Feb. 12	Frozen Feet
Apr. 28-29	Spring Thaw (Formerly Grand Forks Marathon)

GRAND FORKS RESOURCES

KNOW WHERE TO LOOK

-  Grand Forks Park District Activity Guide gfparks.org
-  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.

 GRAND FORKS PARK DISTRICT

Sponsorship OPPORTUNITIES

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

With over 90% of Grand Forks residents using our facilities and/or 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!

Want to make an impact & impression in Grand Forks?

CONTACT STACEY BRORSON TODAY
701.757.5084 | sponsorship@gfpparks.org



SUMMER & WINTER GUIDE

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



LARGE DIGITAL DISPLAY

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



BASEBALL & SOFTBALL FENCE BANNERS

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



HOCKEY DISPLAY BOARDS

- 12,600 Spectators; 3,150 Players; 400+ Games; and 16 Tournaments in 2020/21 Season
- ICON Sports Center, Purpur/Gambucci Arena, Eagles/Blue Line Club Arena



GOLF HOLE SPONSORSHIPS

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

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

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

Providing engineering and related services to help clients achieve success.

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



IN PAIN?

Get the relief the natural way!

Dr. John T. Fulp, D.C.

Dr. Marshal Pederson, D.C.

DVANCE CHIROPRACTIC CENTER

2840 19th Ave S,
Grand Forks, ND 58201
(701) 772-2670

Thank you to our
**AMAZING ACTIVITY
GUIDE SPONSORS!**



THOMSEN HOMES

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ACTIVITY GUIDE SPONSORS!

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(701) 787-1200



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IN TOWN IS NOW**
in your town.

WAXING THE CITY

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