

the
summer
guide
2025
GRAND FORKS PARK DISTRICT



more summer fun in the forks
RECREATION | EVENTS | PARKS | FACILITIES



Fast, reliable care when you need it.

- ✔ No Appointment Necessary
- ✔ 4 Locations in Greater Grand Forks

Visit altru.org/express for hours and locations.

What We Treat

Our Express Clinic providers care for a variety of minor illnesses and injuries, including but not limited to:

- » Cold
- » Cough
- » Ear infection
- » Flu
- » Sore throats
- » Sprains
- » Strains
- » Urinary tract infection

If you are experiencing an urgent health condition or medical emergency, please call 911 or go directly to your local emergency department.



CHOICE HEALTH & FITNESS
INSPIRING HEALTH & HAPPINESS
YEAR ROUND
choicehf.com
4401 S. 11th Street
701.746.2790

KING'S WALK GOLF COURSE
ARNOLD PALMER SIGNATURE COURSE
AN ARNOLD PALMER SIGNATURE COURSE
SEASONAL
kingswalk.org
5301 S. Columbia Rd.
701.787.5464

LINCOLN GOLF COURSE
EST. 1909
SCENIC & HISTORIC GOLF
SEASONAL
lincolngolf.org
250 Elks Dr.
701.746.2788

gfparks recreation FOUNDATION
PUT BIG SMILES ON LITTLE FACES
YEAR ROUND
gfparksfoundation.org
P.O. Box 12429
701.746.2750



welcome to the 2025 summer guide
A HOW-TO, GO-TO GUIDE FOR SUMMER FUN!!!

The Grand Forks Park District is packed full of amazing parks, recreation programs/leagues, fun public events, and life-enhancing facilities! For the past 120 years, we have been honored to enrich life in Grand Forks through healthy, affordable, and accessible programs for all ages and abilities. With the hard work of our elected board and staff members, and the vision of our supporting community, we are also thrilled to operate the four awesome entities listed above and maintain over 850 acres of outdoor fun listed below.

GET OUTDOORS & PLAY GRAND FORKS!

-  44 parks
-  32 playgrounds
-  26 baseball/softball fields
-  23 outdoor tennis courts
-  17 soccer fields
-  14 pickle ball courts
-  14 picnic shelters available to rent
-  12 basketball courts

-  8 horseshoe courts
-  7 sand volleyball courts
-  3 disc golf courses
-  3 spray parks / splash pads
-  2 outdoor pools
-  2 golf courses
-  1 kids golf course
-  1 skate park

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
- Erik Broderson, KW Golf Course Superintendent
- Wes Colborn, Facilities Manager
- Steve Hell, Parks Operations Manager
- Chris Langei, CHF Fitness Manager
- Sean Lee, Forestry Operations Manager
- Lynne Roche, Recreation & Special Events Manager
- Lisa Rollefstad, CHF Sports & Recreation Manager
- Christine Sivertson, CHF Admin Services Manager
- Dan Tannahill, KW & Lincoln Golf Course Golf Professional
- Catie Trontvet, Marketing Manager

DESIGNATED ADA COORDINATOR

Jenelle Swenberger, Project Administrator

GF PARKS & REC FOUNDATION

- George Hellyer, Executive Director
- Jill Nelson, Development & Operations

DESIGN BY:



Catie Trontvet Megan Cory Lauren Matson Stacy Brorson

PHOTO CREDITS: Dave Bruner, Shawna Noel, Megan Cory, Lauren Matson, & Lauren Simonson

Guide to the summer 2025 guide

GRAND FORKS PARK DISTRICT

**YOUTH SOFTBALL
SESSION DATES**

a 2 + 24
JUNE JULY

b 9
MAY

**REGISTRATION
DEADLINE
LATE FEE: \$20**

NO SOFTBALL: JULY 3 & 4 **c**

HOW TO REGISTER:

gfparks.org In-person by mail by email **d**

PEEWEEES (9-10 YEARS)

DAYS	TIME	PRICE \$20 LATE FEE AFTER DEADLINE	CODE e
M & W	10:30 - 11:45 am (games)	\$95.00	422322-01
TUES	1:15 - 2:15 pm (practices)		

LOCATION: All games and practices will be at Oxford Sports Complex.



inside the guide

a **2-24** **SESSION DATES:**
Program start and end dates
JUNE JULY

b **9** **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.
MAY
Reg. Deadline
Late Fee: \$20

c

NO SOFTBALL JULY 3		
DAYS	TIME	PRICE (per person per session)
M & W	10:30 - 11:45 am (games)	\$95.00
TUES	1:15 - 2:15 pm (practices)	

LOCATION: All games and practices will be at Oxford Sports Complex.

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.

d

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

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

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

e **CODE** **PROGRAM CODES:**
All GF Park District and *most* Choice Health & Fitness programs have codes for each section of the program. You will need this code when registering to ensure you sign up for the correct day, time, and level of the program in which you wish to register.
422322-01

Join Our Team

The perfect summer job is waiting for you!
Have fun in the sun with our seasonal positions.
Apply at gfparcs.org/seasonal-employment



- Baseball & Softball Coaches
- Lifeguards & Concessions
- Landscaping & Park Maintenance
- Youth Kids Camp Leaders
- Golf Course Maintenance

Thank You to Our Sponsors

CORNERSTONE SPONSOR



FOUNDING SPONSORS



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

A Little About Us	2
Guide to the Guide	3-4
How to Register	5
Youth Recreation Scholarships	6
Parks & Trails Map	7-8
Parks & Facility Amenities	9
How to Reserve Permits & Reservations	10
Tree Care Dog Park	10
Grand Forks Parks & Recreation Foundation	11-12
Day Camps (Just for Fun)	13-14
Summer Events	15-16
Outdoor Pools	17-18
Outdoor Swimming Lessons	19-20
Indoor Pool & Indoor Swimming Lessons	21-22
Youth Track Races Around Town	23-24
Youth Baseball	25-26
Youth Softball	27-28
Youth Basketball	29-30
Youth Tennis	31-32
Adult Tennis	33-34
Youth Pickleball	35
Adult Cornhole	35
Youth Volleyball	36
Adult Volleyball	36
Athletic Development: Camps & Programs	37-38
Sport-Specific Training	39-40
King's Walk Golf Course	41-42
Lincoln Golf Course	43-44
Adult Golf	45-46
Youth Golf	47-48
Choice Health & Fitness	49-50
Included in Membership: Fitness Classes	51-52
Youth Fitness Programs	53
Senior Programs	54
Personal Training	55-56
Group Training	57-58
Private Clubs & Programs	59-60

register for summer fun!

THREE WAYS TO REGISTER GF PARKS RECREATION PROGRAMS



 **ONLINE**
GFPARKS.ORG

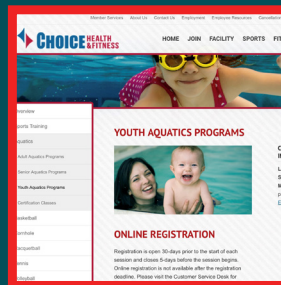
 **IN PERSON**
@ MAIN OFFICE LOCATED
IN ICON SPORTS CENTER
1060 47TH AVE S.
MONDAY-FRIDAY
8:00 AM - 5:00 PM

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

 **ONLINE**
REGISTRATION
IS MOBILE
FRIENDLY

 **EMAIL**
GFPARKS@GFPARKS.ORG

TWO WAYS TO REGISTER CHOICE HEALTH & FITNESS PROGRAMS



CHOICE HEALTH & FITNESS
ONLINE REGISTRATION DETAILS:
*Online Registration is *ONLY available to Choice Health & Fitness members with the exception of Outdoor Swimming, Tennis in the Park, or Pickleball in the Park.*

To Register Online for Outdoor Swimming, Tennis in the Park, or Pickleball in the Park:
Contact Choice Health & Fitness to receive online login credentials.

Call: 701.746.2790
Mon-Thurs: 8:00 am - 7:00 pm
Friday: 8:00 am - 4:00 pm

We understand that this is not an ideal registration process, but we are actively looking into other software systems that better suit our registration needs.

 **IN PERSON**
4401 S. 11 ST.
SEE FACILITY HOURS
ON PAGE 49

 **ONLINE**
CHOICEHF.COM
*RESTRICTIONS APPLY

PRIVATE PROGRAMS PROGRAMS ARE NOT RUN BY GF PARK DISTRICT



PLEASE FOLLOW REGISTRATION INSTRUCTIONS LISTED ON THE PRIVATE CLUBS & PROGRAMS PAGES (PG. 59-60) OR ON EACH ORGANIZATION'S WEBSITE.

 DAY CAMPS (PG. 13-14)

 YOUTH BASEBALL (PG. 25-26)

 YOUTH SOFTBALL (PG. 27-28)

 YOUTH GOLF (PG. 47-48)

 OUTDOOR SWIMMING (PG. 19-20)

 INDOOR SWIMMING (PG. 21-22)

 YOUTH BASKETBALL (PG. 29-30)

 YOUTH/ADULT TENNIS (PG. 31-34)

 YOUTH PICKLEBALL (PG. 35)

 ADULT CORNHOLE (PG. 35)

 YOUTH/ADULT VOLLEYBALL (PG. 36)

 SPORTS TRAINING (PG. 37-40)

 YOUTH FITNESS (PG. 53)

 PERSONAL TRAINING (PG. 55-56)

 GROUP TRAINING (PG. 57-58)

 PRIVATE PROGRAMS (PG. 59-60)

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 Health & Fitness programs and membership, listed below (up to \$200 in total awarded funds, per season)



GF PARKS PROGRAMS & SWIM PASSES



50% OFF

*See request form for list of eligible programs



CHOICE YOUTH MEMBERSHIP & PROGRAMS



75% OFF

*See request form for list of eligible programs

Apply Today

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

HOW TO REQUEST A SCHOLARSHIP:

- 1 FILL OUT FORM:** Simply print off the form at gfparksfoundation.org or pick-up the form at our Main Office or Choice Health & Fitness
 - 2 APPLY:** Prior to program registration deadline, submit the Scholarship Request Form by email or in-person to the Park District Main Office (1060 47th Ave. S. | M-F: 8:00am-5:00pm | gfparks@gfparks.org) or Choice Health & Fitness (4401 S. 11th St. | M-F: 8:00am-7:00pm | snordin@choicehf.com)
 - 3 REGISTER FOR PARK DISTRICT PROGRAMS:** Outdoor Pool Pass • Baseball • Golf • Ice Skating • Just for Fun • Softball
Go to Park District office (1060 47th Ave. S. | M-F: 8:00am-5:00pm) to register in-person. Present the approved form when registering for each program to get **50% off**.
- REGISTER FOR CHOICE HEALTH & FITNESS PROGRAMS:** Youth Membership • Athletic Dev. • Basketball • Tennis • Racquetball • Swimming • Volleyball
Go to Choice H&F (4401 S. 11th St. | M-F: 8am-7pm) to register in-person. Present the approved form when registering for each program/membership to get **75% off**.



DID YOU KNOW?

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

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

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

Grand Forks Park District

Parks & trails map

A

B

C

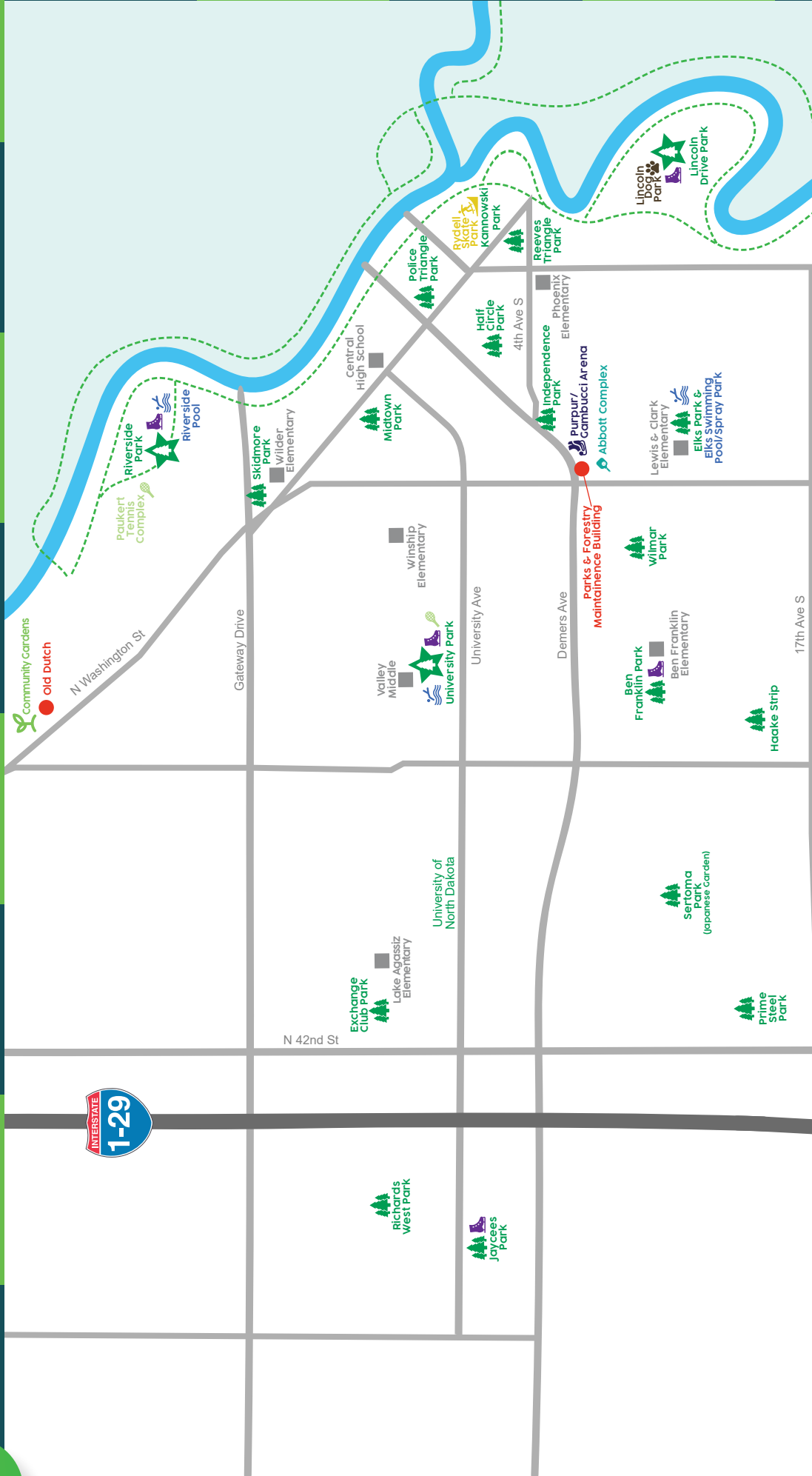
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1

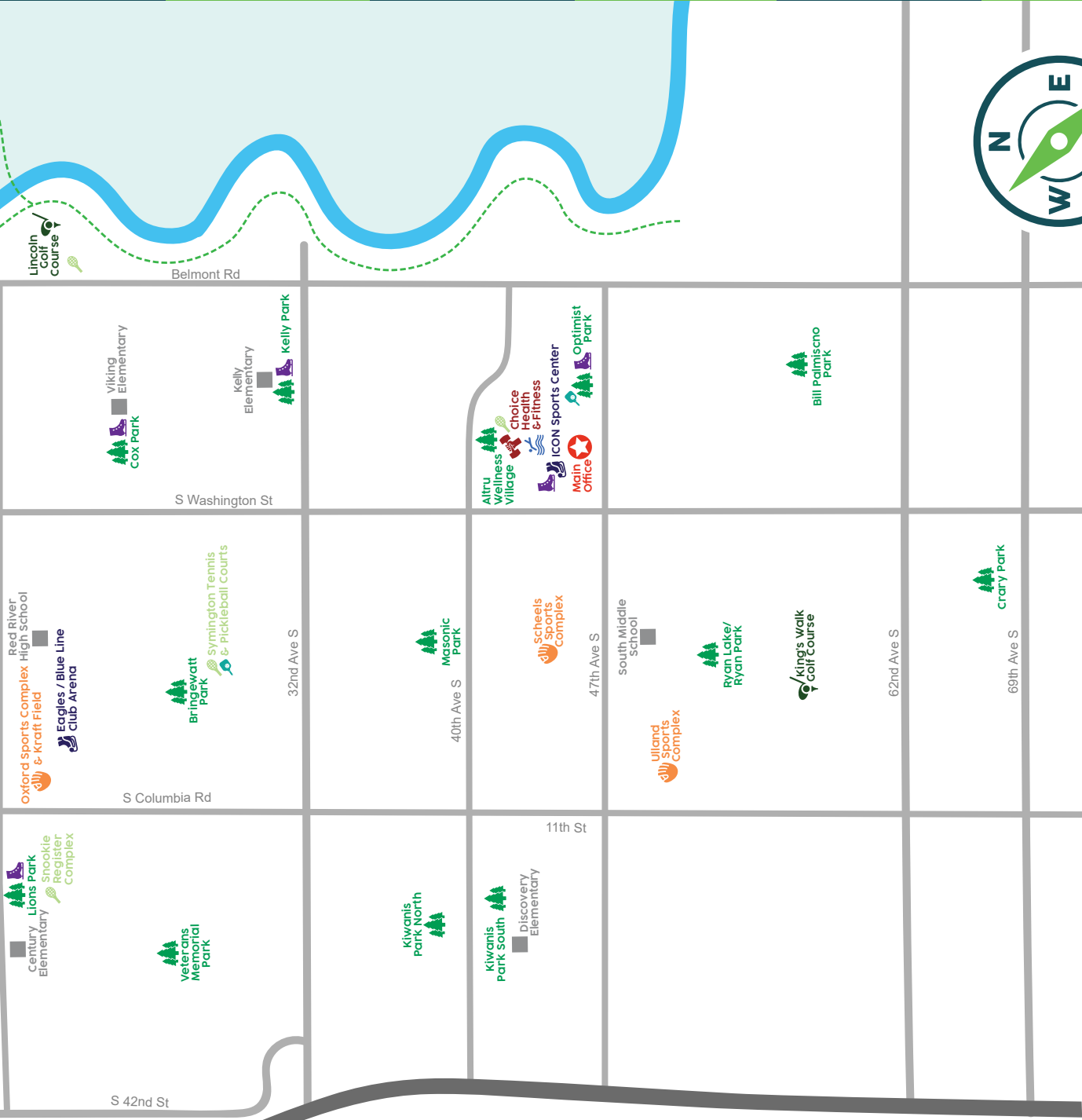
2

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
- Pickleball Complex
- Dog Park
- Community Gardens
- Skate Park
- School
- Bike/Walking Trails*
- River
- Road



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



Parks, Permits, & Trees

RULES, REGULATIONS, SPECIAL ARRANGEMENTS, PERMITS, & SCHEDULING FEE INFO ARE AVAILABLE ONLY AT THE GF PARK DISTRICT OFFICE DURING BUSINESS HOURS: MONDAY - FRIDAY | 8AM - 5PM

SHELTER RENTALS

RENTAL FEES: (For 100+ people, a 2nd shelter will be needed)

\$100 / per day Lincoln Dr. Park Shelter 3 or 4
Riverside Park Shelter 1 or 2
University Park Shelter 1

\$75 / per day All other shelters

SELECT BUILDING RENTALS ALSO AVAILABLE (\$200)

RENTAL TIME: 10:00 am - 9:30 pm

No reservations after September 30 unless approved by GF Park District administration. No advanced reservations can be made until February 1st of the current year.

FESTIVALS & EVENTS

Festivals and events are welcome at most of our park areas. Scheduling will be subject to the availability of the park and expected use of the park by the public. Access to major park facilities will be maintained during festivals and events. Park District reserves the right to cancel a festival or event if safety concerns arise or if there is a risk to the park or its facilities.

OUTDOOR SPECIAL EVENTS & PERMITS

Arrangements and permits to host a special event in parks and shelters can be made by contacting the GF Park District. The Park District must approve all festivals and events.

The applicant or event coordinator must complete a Special Use Permit along with any other permits or forms required. Some festivals and events may require Park Board approval. Special Use Permits are available at the Park District Office.

Park District will establish the fees for festivals and events. For any event at which merchandise and/or food is sold, admission or entry fees are collected; the Park District requires a percentage/fee of gross sales be paid to the Park District.

OUTDOOR WEDDINGS RESERVATION POLICY

It is the policy of the GF Park District to allow weddings to be held in any of our public parks. Reservations are required to ensure other events are not scheduled in the same area during the time requested. Reservations will be taken at our office on a first come, first served basis. A fee will apply to wedding reservations.

ALCOHOL PERMITS

Alcohol may be consumed in public parks by PERMIT ONLY. Alcohol Permits are available in the GF Park District main office during business hours. Permits are available after business hours at the Grand Forks Police Department.

PERMIT TYPE	COST	PERMIT VALID FOR:
Individual (10 or less)	\$5	1 picnic season
Group (may exceed 10)	\$10	1 event only
Team	\$15	1 playing season
Special Event	\$25	1 event, location, date, time

FORESTRY DEPARTMENT

QUESTIONS ABOUT BERM TREES OR TREE CARE?

The GF Park District Forestry Department offers consulting services regarding care of trees and shrubs located on private property.

CONTACT US: (701) 746-2750

DEFENDERS OF THE TREES

The Forestry Department has had jurisdiction over the planting and maintenance of all berm trees in Grand Forks since 1917. The forestry crew maintains over 31,000 berm trees and over 6,000 trees in our parks and golf courses. Forestry is also responsible for removing old, hazardous, and diseased berm trees. Grand Forks is the longest running Tree City USA in North Dakota and celebrates an annual Arbor Day event. (See page 15)

The Forestry Department offers consulting to homeowners regarding care of trees and shrubs located on private property. The department responds to over 800 calls a year from homeowners requesting a wide range of treatments to be administered to berm trees.

SERTOMA ARBORETUM

SCAN TO VIEW ALL THE ARBORETUM SPECIES!



Sertoma Park is home to a Level 1 ArbNet Accredited Arboretum that features 65 unique tree species cultivated by the Forestry Dept. The beautiful tree varieties are planted throughout the park and can be located using the TreePlotter Interactive Dashboard.

TREE CARE

EMERALD ASH BORER

Emerald Ash Borer (EAB), is a woodboring beetle native to eastern Asia, and it is believed that the beetle was unintentionally brought to US in infested ash crates or pallets. The most recent findings have been in LaMoure County, ND in 2024, Moorhead, MN in 2023, Sauk Centre, MN in 2019, and Sioux Falls, SD in 2018. For more info regarding tree care and what you can do to prevent Emerald Ash Borer, visit the gfparks.org Forestry page.

DUTCH ELM DISEASE

The first case of Dutch Elm Disease occurred in Grand Forks in 1979. At that time, the city had 11,800 elms. Today, due to the efforts of our Dutch Elm Disease Program, 3,000 of those elms still remain.

LINCOLN DOG PARK

LOCATED AT LINCOLN DRIVE PARK
1319 LINCOLN DRIVE | 5:00 AM - 11:00 PM

Take your dog to the dog park to run & interact with other dogs! Please make sure to have your dog's license on you, clean up after you leave, & never leave your dog unattended (human supervision required). Pet owner responsibility doesn't end inside the fence. Owners are legally responsible for their dogs and any injuries they cause.

LOOKING FOR MORE DOG PARKS?

Circle of Friends Animal Shelter has a great dog park too.
Location: 4375 North Washington Street



**we put
big smiles
on little
faces**



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

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

projects in the works



SCAN TO DONATE

YOUTH RECREATION SCHOLARSHIPS FOR KIDS

Did you know 1 in 3 ND children are overweight/obese? We are fighting to end childhood obesity in Grand Forks youth by getting our kids active. By offering half or full scholarships to low-income qualifying families, we help all children stay active, regardless of their financial restraints. By donating to the Grand Forks Parks & Rec Foundation youth activity scholarship fund, you are giving a child in need the opportunity to get active and live a healthier life!



SCAN TO DONATE

TERRY PAUKERT TENNIS COMPLEX RENOVATION CAMPAIGN

Through community philanthropy and the help of generous donors, a group of Grand Forks citizens and the GF Parks & Rec Foundation have raised funds to renovate the newly renamed Terry Paukert Tennis Complex at Riverside Park. To date, the renovation project has improved the playing surface, updated the walkways and landscaping, and added new viewing areas for spectators. Picnic shelters will be added to the complex in the spring and a dedication ceremony is planned for later this year. The foundation is still raising funds for future renovation plans and ongoing complex maintenance for any who are interested in donating!

fundraisers

26
JUNE

KEEP THE BALL ROLLIN' GOLF TOURNAMENT

Time: 12:30 pm | Location: King's Walk Golf Course
Register Online at gfbluelineclub.com
Proceeds go to youth sports through the Blue Line Club.

day camps

JUST FOR FUN KIDS DAY CAMP (6 - 10 YEARS)

4 - 1
JUNE AUGUST

9
MAY
Reg. Deadline
Late Fee: \$30

REG. OPENS: APRIL 1
NO JFF: JULY 3 & 4

Kids day camp featuring supervised activities for children* 6-10 years of age. Activities will include games, arts and crafts, special events, weekly trips to the pool on the swim bus, and more! (*Child must have attended Kindergarten in order to register)

Supervisor: Lynne Roche

Program Updates: All day-to-day program communications with parents/guardian will be through provided email. Please check regularly for updates on pool days, closings, etc.

Park Locations: Ben Franklin, Cox, Kelly, Lion's, Lincoln Drive, Optimist, Riverside, & University Park

AGES	DAYS	TIME	COST
6 - 10 years	Monday - Friday	12:30 pm - 4:00 pm	\$160 (includes swimming)

HOW TO REGISTER



gfparcs.org



in-person



by mail



by email



DOWNLOAD A
REGISTRATION FORM
ONLINE

**PLEASE NOTE: The Grand Forks Park District reserves the right to refuse to any applicant, if we determine we do not have the necessary resources required.*

**MEET
YOUR
LEADER**

3
JUNE

Tuesday, June 3rd
Time: 5:00 pm - 7:00pm
Location: All Just for Fun locations

You're invited to learn more about
"Just for Fun" and meet your leaders
at the park site you will be attending!



THE ROOTS

A NEW SUMMER PROGRAM FOR INDIVIDUALS WITH INTELLECTUAL DISABILITIES AND DEVELOPMENTAL DISABILITIES (ID/DD).

Location: First Season Community Center in Purpur Arena

Dates: June 4 - August 14 (No Program July 4)

Days/Time: Monday – Friday | 9:00 am - 3:00 pm

Age Group: 12 - 20 years (Must turn 12 by June 3rd, 2025, and must be 20 or under through August 14, 2025)

Cost: \$300 (Space is Limited and Scholarships are Available)

Operated by the Grand Forks Growth and Support Center, The Roots is a fun summer program for individuals with ID/DD ages 12-20. This 11-week program will have a curriculum of activities, community engagement, and social skill support in a safe environment with highly trained staff.

For More Information, visit: www.gfgrowthandsupport.com | **Email:** theroots@gfgsc.org

How to Register: Contact Julie Erickson at theroots@gfgsc.org

Please Note: The Roots has replaced the S.M.I.L.E. program. By partnering with the Grand Forks Growth and Support Center, a regional agency that specializes in quality care for individuals with ID/DD, the Grand Forks Park District can continue to meet the growing needs of our community by providing safe, high-quality programs.

Movies in the Park

SUMMER MOVIE SERIES

Time: Movies Start at 6pm or Sundown | Cost: FREE

Take a walk to the park for a one-of-a-kind experience that offers everyone the opportunity to sit back and enjoy the show under the stars. The movies are free to the public and range from the classics to recent releases, action and adventure to comedy.

2025 MOVIE SCHEDULE



2
MAY
A LEAGUE OF THEIR OWN (PG)

Albrecht Field | 7:00 pm
NEW EVENT: UND Softball Takeover!



19
JUNE
MOANA 2 (PG)

Lincoln Dr. Park | 6:00 pm



26
JUNE
WICKED (PG)

University Park | Sundown
Movie after Summerthing Kids!



29
JULY
MUFASA (PG)

University Park | Sundown
Movie after Family Fun Night!



12
AUGUST
THE GREAT OUTDOORS (PG)

Riverside Park | 6:00pm

Planting Events

PLANTING FUN AT THE PARK

We invite the community to help us plant at the parks! Yard games and snacks will be provided.

31
MAY
Help plant the iconic University Park sign flower bed!
Location: University Park (320 N. 25th St.)
Time: 9:00 - 11:00 am | Cost: FREE

14
JUNE
Plant veggies at the newly renovated Skidmore Park!
Location: Skidmore Park (Gateway Dr. & N. 5th St.)
Time: 9:00 - 10:00 am | Cost: FREE

Special Events

FUN FOR EVERYONE

ARBOR DAY EVENT TREE HUGGERS WELCOME!

Location: TBD | Cost: FREE

MAY
2025

Grand Forks is the longest running "Tree City USA" in North Dakota and hosts an Arbor Day celebration every year in conjunction with the East Grand Forks Park District. Join us this spring to celebrate our area's lovely green diversity. Check our website (gfparks.org) for updates on date and location!

HOOKED ON FISHING FAMILY FISHING EVENT

Location: Ryan Lake (South of South Middle School)
Time: 5:30 - 7:30 pm | Cost: FREE

17
JUNE

Bring the whole family to this catch-all event! Ryan Lake will be stocked with over 400 fish ready to catch during our Hooked on Fishing event! You catch it, you keep it! Have the kids bring home supper, while they learn the basics of lures, casting, cleaning, regulations, and other responsible angler info. Hooked on Fishing is sponsored by North Dakota Game & Fish Department and Scheels.

SUMMERTHING KIDS! 2-DAY FAMILY FUN FEST

Location: University Park
New Time: 5:30 - 8:30 pm | Cost: FREE

25&26
JUNE

Soak in summer with two evenings of family fun in one of Grand Forks' most beautiful parks. Find tents full of hands-on activities for kids, including building, painting, gluing, and creating. Live kids music completes this 2-day celebration of summertime.

EVENTS AT SUMMERTHING

Bubblefest | Wednesday, June 25 (Wear Your Swimsuit)
Movie in the Park | Thursday, June 26 (Watch at Sundown)

FAMILY FUN NIGHT COMMUNITY BLOCK PARTY

Location: University Park
New Time: 5:30 - 8:30 pm | Cost: FREE

29
JULY

The Grand Forks Park District invites you to Family Fun Night - Chalk it Up! This ultimate block party is for all of Grand Forks and includes family games, chalk art, treats, children's parade, face painting, inflatable games, and more. Youth and adults of all ages, join us for a night of family fun!

Stay after the event for a Movie in the Park at sundown!

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

Summer events

SUMMER EVENTS | 15-16



More Family Fun

FOR FALL & WINTER EVENT
INFO, VISIT: GFPARKS.ORG

outdoor pools

OUTDOOR POOL RATES

INDIVIDUAL DAY PASSES

Individual Day Passes Good for Use at Location Purchased

Adult	\$5.00
16 & Under	\$4.00
4 & Under (with adult)	\$2.00
Non-Swim Day Pass	\$2.00
Lap Swim at Elks Pool (M & W, 7-8:00 pm)	\$3.00

GROUP DAY PASSES*

Group Day Passes Good for Use at Location Purchased

5 or less people with an adult	\$15.00
* Available: Monday - Friday	6 - 8:00 pm
* Available: Saturday	All Day

SEASON POOLS PASSES / PACKAGES

Season Passes Good for Use at Both Elks & Riverside Pools

Individual Pass <i>*replacement passes available at the Park District office for a \$10 fee</i>	\$80.00
Family Pass (6 passes*) <i>*additional passes are 50% off at time of pass purchase</i>	\$260.00
Non-Swim Season Pass	\$25.00
Swim Booklet (11 Passes*) <i>*purchase at Park District office only</i>	\$40.00

PRIVATE POOL RENTALS

RENT THE POOL FOR A BIRTHDAY PARTY, REUNION, OR STAFF OUTING!

CHOICE HEALTH & FITNESS MANAGES

ALL POOL RENTALS | Call us at (701) 787-3497 to inquire about pool rental availability.

POOL RENTAL RATES

1 Hour: \$125

1.5 Hours: \$175

POOL RENTAL TIMES

Monday - Friday

8:00 - 9:30 pm (1 or 1.5 hours)

Saturday / Sunday

12:00 - 1:00 pm

SPRAY PARKS

FREE & OPEN TO THE PUBLIC!

SPRAY PARK DATES:

Open Mid-May - September
(weather permitting)

HOURS: Sunday - Saturday | 9:00 am - 9:00 pm

LOCATIONS:

University Park, Elks Pool, Altru Wellness Village
See page 9 for location details.



ELKS POOL

1002 13TH AVENUE SOUTH

4 + **10**
JUNE AUGUST

Elks Pool has two great water slides and a spray park. The facility also has concessions, picnic, and playground areas.

ELKS POOL HOURS

Monday - Friday	12:00 - 8:00 pm
Saturday	1:00 - 8:00 pm
Sunday	1:00 - 6:00 pm
Flotation devices can be used	6:00 - 8:00 pm

LAP SWIMMING AT ELKS POOL (COST: \$3.00)

June 10 - Aug. 7 Mon & Wed	7:00 - 8:00 pm
------------------------------	----------------

ELKS POOL | LIMITED HOURS

July 4	12:00 - 5:00 pm
Aug. 4 - 7 (Mon-Thurs)	12:00 - 7:00 pm
Aug. 8 - 10 (Fri-Sat)	1:00 - 7:00 pm

SWIM DIAPERS REQUIRED

Please note that swim diapers are required in ALL Grand Forks Park District aquatic facilities.

RIVERSIDE POOL

1810 NORTH 1ST STREET

9 + **17**
JUNE AUGUST

Riverside Pool has a diving board, water slide, and toddler pool. The facility also has concessions, picnic, and playground areas.

RIVERSIDE POOL HOURS

Monday - Friday	12:00 - 8:00 pm
Saturday	1:00 - 8:00 pm
Sunday	1:00 - 8:00 pm
Flotation devices can be used	6:00 - 8:00 pm

RIVERSIDE POOL | LIMITED HOURS

July 4	12:00 - 5:00 pm
Aug. 4 - 17 (Mon-Fri & Sun)	1:00 - 7:00 pm

POOL INFO SUBJECT TO CHANGE

Due to potential pool maintenance and staffing shortages, please be aware all dates and times listed above are subject to change. We apologize for any inconvenience.



4ft 10

outdoor swimming lessons

OUTDOOR YOUTH SWIMMING LESSONS

(AGES 4-12 YEARS)

Outdoor Youth Swimming Lessons are designed to teach children all levels of swimming, from basic and competitive skills to rescue strokes and water safety. *(Limited Space)*

Contact Aquatics Coordinator (701-746-2790) to determine the appropriate level for your child. **Please note: When registering your child for multiple sessions, sign them up for same level until it is confirmed that they passed.**

HOW TO REGISTER



ONLINE REGISTRATION

See page 5 for online registration details.



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

SESSION 1: ELKS

16 - 26 JUNE
2 JUNE
Reg. Deadline
Late Fee: \$10

REG. OPENS: APRIL 21

SESSION 2: RIVERSIDE

7 - 17 JULY
2 JUNE
Reg. Deadline
Late Fee: \$10

REG. OPENS: APRIL 21

SESSION 3: ELKS

28 - 7 JULY - AUGUST
21 JULY
Reg. Deadline
Late Fee: \$10

REG. OPENS: JUNE 23

LEVEL 1 | SUNFISH (BOBS & FLOATS)

DAYS	TIME	COST	SESSION 1 CODE	SESSION 2 CODE	SESSION 3 CODE
M, T, W, TH	10:30 am - 11:00 am	\$72	OSL-16201	OSL-16202	OSL-16203
M, T, W, TH	11:00 am - 11:30 am	\$72	OSL-16301	OSL-16302	OSL-16303

LEVEL 2 | PERCH (KICKS & GLIDES, ROLLS, INTRO FRONT CRAWL BREATHING)

DAYS	TIME	COST	SESSION 1 CODE	SESSION 2 CODE	SESSION 3 CODE
M, T, W, TH	10:30 am - 11:00 am	\$72	OSL-26201	OSL-26202	OSL-26203
M, T, W, TH	11:00 am - 11:30 am	\$72	OSL-26301	OSL-26302	OSL-26303

LEVEL 3 | BASS (FREESTYLE, ELEMENTARY BACKSTROKE)

DAYS	TIME	COST	SESSION 1 CODE	SESSION 2 CODE	SESSION 3 CODE
M, T, W, TH	10:30 am - 11:00 am	\$72	OSL-36201	OSL-36202	OSL-36203
M, T, W, TH	11:00 am - 11:30 am	\$72	OSL-36301	OSL-36302	OSL-36303

LEVEL 4 | WALLEYE (BACKSTROKE, TREADING, SIDE STROKE, RETRIEVING OBJECTS)

DAYS	TIME	COST	SESSION 1 CODE	SESSION 2 CODE	SESSION 3 CODE
M, T, W, TH	10:00 am - 10:40 am	\$72	OSL-46101	OSL-46102	OSL-46103

LEVEL 5 | NORTHERN PIKE (BREASTSTROKE, RETRIEVING OBJECTS)

DAYS	TIME	COST	SESSION 1 CODE	SESSION 2 CODE	SESSION 3 CODE
M, T, W, TH	10:00 am - 10:40 am	\$72	OSL-56101	OSL-56102	OSL-56103

LEVEL 6 | MUSKIE (BUTTERFLY, MASTER ALL STROKES, ENDURANCE, TURNS)

DAYS	TIME	COST	SESSION 1 CODE	SESSION 2 CODE	SESSION 3 CODE
M, T, W, TH	10:00 am - 10:40 am	\$72	OSL-66101	OSL-66102	OSL-66103



indoor swimming

CHOICE HEALTH & FITNESS Aquatics Complex

INDOOR AQUATICS COMPLEX FEATURES

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

AQUATICS COMPLEX SPRING/SUMMER HOURS

*Hours subject to change | Visit ChoiceHF.com

Monday - Friday: 5:30 am - 8:00 pm

Saturday: 8:00 am - 5:00 pm

Sunday: 11:00 am - 5:00 pm

INDOOR YOUTH SWIMMING LESSONS

*OPEN TO MEMBERS & NON-MEMBERS

HOW TO REGISTER

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



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

LITTLE SWIMMERS (AGES 9 MON. - 4 YEARS)

SESSION 1

2 - 26 **27**
JUNE JUNE MAY
Reg. Deadline
Late Fee: \$10

REG. OPENS: MAY 5

SESSION 2

7 - 31 **30**
JULY JULY JUNE
Reg. Deadline
Late Fee: \$10

REG. OPENS: JUNE 9

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

Parent & Me provides an intro to water for parents and children. Class is a fun and safe way to get children comfortable in water. *(Limited Space)*

DAYS	TIME	COST	SESS. 1 CODE	SESS. 2 CODE
WED	6:00 - 6:30 pm	\$50 / \$68 (non-mem)	AQ2-3101	AQ2-3102

ADVANCED PARENT & ME (AGES 2 - 3 YEARS)

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

DAYS	TIME	COST	SESS. 1 CODE	SESS. 2 CODE
MON	6:00 - 6:30 pm	\$50 / \$68 (non-mem)	AQ2-3501	AQ2-3502

TINY TOTS SWIMMING (AGES 3 - 4 YEARS)

Tiny Tots provides an intro to basic water safety for children and offers a way for kids to get comfortable in water without a parent. *(Limited Space)*

DAYS	TIME	COST	SESS. 1 CODE	SESS. 2 CODE
M & W	5:00 - 5:30 pm	\$84 / \$128 (non-mem)	AQ2-4451	AQ2-4452
T & TH	5:30 - 6:00 pm	\$84 / \$128 (non-mem)	AQ2-4501	AQ2-4502

SWIMMING ACADEMY

(AGES 4 YEARS & UP)

Swimming Academy is designed to teach children all levels of swimming, from basic and competitive skills to rescue strokes and water safety. *(Limited Space)*

SESSION 1

2 + 26
JUNE JUNE
27 MAY
Reg. Deadline
Late Fee: \$10

REG. OPENS: MAY 5

SESSION 2

7 + 31
JULY JULY
30 JUNE
Reg. Deadline
Late Fee: \$10

REG. OPENS: JUNE 9

LEVEL 1 | SUNFISH (BOBS & FLOATS)

DAYS	TIME	COST	SESS. 1 CODE	SESS. 2 CODE
M & W	4:30 pm - 5:00 pm	\$84 / \$128 (non-mem)	AQ2-51201	AQ2-51202
M & W	5:00 pm - 5:30 pm	\$84 / \$128 (non-mem)	AQ2-51251	AQ2-51252
M & W	5:30 pm - 6:00 pm	\$84 / \$128 (non-mem)	AQ2-51301	AQ2-51302
T & TH	4:30 pm - 5:00 pm	\$84 / \$128 (non-mem)	AQ2-51551	AQ2-51552

LEVEL 2 | PERCH (KICKS & GLIDES)

DAYS	TIME	COST	SESS. 1 CODE	SESS. 2 CODE
M & W	4:30 pm - 5:00 pm	\$84 / \$128 (non-mem)	AQ2-52101	AQ2-52102
M & W	5:00 pm - 5:30 pm	\$84 / \$128 (non-mem)	AQ2-52201	AQ2-52202
M & W	5:30 pm - 6:00 pm	\$84 / \$128 (non-mem)	AQ2-52251	AQ2-52252
T & TH	4:30 pm - 5:00 pm	\$84 / \$128 (non-mem)	AQ2-52551	AQ2-52552

LEVEL 3 | BASS (FREESTYLE & ELEMENTARY BACKSTROKE)

DAYS	TIME	COST	SESS. 1 CODE	SESS. 2 CODE
M & W	4:30 pm - 5:00 pm	\$84 / \$128 (non-mem)	AQ2-53101	AQ2-53102
M & W	5:30 pm - 6:00 pm	\$84 / \$128 (non-mem)	AQ2-53201	AQ2-53202
T & TH	4:30 pm - 5:00 pm	\$84 / \$128 (non-mem)	AQ2-53551	AQ2-53552

LEVEL 4 | WALLEYE (BACKSTROKE & TREADING)

DAYS	TIME	COST	SESS. 1 CODE	SESS. 2 CODE
M & W	6:00 pm - 6:30 pm	\$84 / \$128 (non-mem)	AQ2-54301	AQ2-54302
T & TH	5:00 pm - 5:30 pm	\$84 / \$128 (non-mem)	AQ2-54501	AQ2-54502

LEVEL 5 | NORTHERN PIKE (BREAST & SIDESTROKE)

DAYS	TIME	COST	SESS. 1 CODE	SESS. 2 CODE
M & W	6:00 pm - 6:30 pm	\$84 / \$128 (non-mem)	AQ2-55301	AQ2-55302
T & TH	5:00 pm - 5:30 pm	\$84 / \$128 (non-mem)	AQ2-55501	AQ2-55502

LEVEL 6 | MUSKIE (BUTTERFLY & MASTER ALL SKILLS)

DAYS	TIME	COST	SESS. 1 CODE	SESS. 2 CODE
M & W	6:00 pm - 6:30 pm	\$84 / \$128 (non-mem)	AQ2-56301	AQ2-56302
T & TH	5:00 pm - 5:30 pm	\$84 / \$128 (non-mem)	AQ2-56501	AQ2-56502

PRIVATE LESSONS AVAILABLE

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

ready, set, go!

MONDAY TRACK MEETS

(AGES 4 - 14 YEARS)

2 JUNE	9 JUNE	16 JUNE	23 JUNE
------------------	------------------	-------------------	-------------------

When: Mondays at 6:00 pm (see date above)

Cost: FREE!

Location: Cushman Field (Near Red River High School)

How to Register: Arrive prior to the event you plan to enter

Age Groups: 4 & Under, 5-6, 7-8, 9-10, 11-12, 13-14

(*Determined by age of child on the day of track meet)

1st, 2nd, 3rd place ribbons awarded in each event and age group, with participation ribbons given to all participants.

EVENTS

4 & UNDER 5-6 YRS	7-8 YRS 9-10 YRS	11-12 YRS	13-14 YRS
50m dash	50m dash	100m dash	100m dash
200m dash	100m dash	200m dash	200m dash
st. long jump	200m dash	400m dash	800m dash
softball throw	400m dash	800m dash	1600m dash
	m. long jump	m. long jump	m. long jump
	softball throw	softball throw	softball throw

TIME SCHEDULE OF EVENTS

6:00 PM	6:30 PM	6:45 PM
softball (8 & U)	softball (9-14)	50m dash (10 & U)
long jump (9-14)	long jump (8 & U)	100m dash (7-14)
	200m dash	200m dash (all ages)
	400m dash	400m dash (7-14)
	m. long jump	800m dash (11-14)
	softball throw	1600m dash (13-14)

In the running events, the youngest groups start first with girls starting first in each age

2025 LOCAL RACES

CHECK OUT THESE AWESOME EVENTS HAPPENING IN THE GRAND FORKS AREA!

June 10	Run For Your Buns
June 21	END-WET
July 4	Firecracker 10K/5K
Aug. 9	Law Enforcement 10-78 5k
Aug. 16	Rollin' on the River
Aug. 22 - 23	Grand Forks 10 Weekend
Sept. 5	Kids Get Wet & Run Wild
Sept. 2025	UND Homecoming 5K

IMPROVE YOUR PERFORMANCE



SPORTS SPECIFIC TRAINING

Looking to enhance your running form or improve your endurance? We can help! See pages 39-42 for more information.



PROUD ACTIVITY GUIDE SPONSOR



- JUNE 3RD - PRINCESS
- JUNE 5TH - TROLLS BAND TOGETHER
- JUNE 10TH - TAYLOR SWIFT
- JUNE 12TH - MOANA
- JUNE 17TH - FROZEN
- JUNE 19TH - WICKED
- JUNE 24TH - BARBIE
- JUNE 26TH - THE LITTLE MERMAID

SUMMER DANCE

Camps

- JULY 8TH - BLUEY
- JULY 10TH - ENCANTO
- JULY 15TH - DESCENDANTS
- JULY 17TH - ROCKSTAR
- JULY 22ND - MINIONS
- JULY 24TH - LILO & STITCH
- AUGUST 5TH - UNICORN
- AUGUST 7TH - PAW PATROL

\$35 | 9:00 AM - 12:00 PM | SNACK, CRAFTS & MINI PERFORMANCE

WWW.NORTHDAKOTABALLET.ORG | 701-746-6044

youth baseball



YOUTH BASEBALL SESSION DATES

2 - 24
JUNE JULY

NO BASEBALL: JULY 3

9
MAY REGISTRATION DEADLINE
LATE FEE: \$20

HOW TO REGISTER



TEAM REQUESTS

Carpooling or team requests are permitted for Tball and Mite age groups ONLY. Requests must be made on registration.

INCLEMENT WEATHER

Visit gfparcs.org or call info line: 701.787.3499 for cancellation info

BASEBALL T-SHIRTS

T-BALL & MITES: Must print out registration receipt and bring to baseball section in Scheels to receive team shirt FREE of charge.

SQUIRTS, PEEWEES, & BANTAM:

Baseball t-shirts will be provided to players courtesy of Scheels. Players will need to pick shirts up at Scheels after the first week of practice, once teams are assigned.

GRAND FORKS PARK DISTRICT YOUTH BASEBALL PROGRAMS

All boys and girls in Grand Forks ages 5-13 years old are eligible to participate in baseball programs. Our summer recreational baseball program introduces players to age appropriate skills and game play strategies. Children will be taught proper techniques, given time to practice and build upon learned skills, and be given plenty of opportunity to showcase their newly developed skills in games that are centered on positive encouragement, inclusion, and sportsmanship. Equipment is provided. Just bring your glove, and let's play!

Participants must register in the league that corresponds to their age group (as of May 1, 2025) unless permission is received from the baseball supervisor.

PICTURE DAYS

12 JUNE THURSDAY | JUNE 12
Cox Park
T-Ball: 9:00 am
Mites: 10:15 am

16 JUNE MONDAY | JUNE 16
Oxford Complex
Bantams: 9:00 am
Pee wee: 10:30 am
Squirts: 12:00 pm

17 JUNE TUESDAY | JUNE 17
Oxford Complex
T-Ball: 9:00 am
Mites: 10:15 am

19 JUNE THURSDAY | JUNE 19
Ulland Complex
T-ball: 9:00 am
Mites: 10:15 am

CITY TOURNAMENT DATES

17 JULY 22 JULY 24 JULY T-BALL & MITES:
Play games vs. other parks during last 3 days of season at Ulland Park.

21 JULY 23 JULY 24 JULY SQUIRT:
Tournament held at normal times and location.

16 JULY 21 JULY 23 JULY PEEWEE & BANTAM:
Tournament held at normal times and location.

T-BALL (5 YEARS)

SEASON STARTS: JUNE 3

DAYS	TIME	PRICE (INCLUDES HAT) \$20 LATE FEE AFTER DEADLINE	CODE
T & TH	9:00 - 10:00 am	\$75.00	422120

T-ball players are required to play at park location nearest to their home. Practice and game locations dependent on registration numbers.

LOCATIONS & SECTION CODES:

Oxford (01) Viking/Cox (03) Ulland (08)

MITES (6-7 YEARS)

SEASON STARTS: JUNE 3

DAYS	TIME	PRICE (INCLUDES HAT) \$20 LATE FEE AFTER DEADLINE	CODE
T & TH	10:15 - 11:15 am	\$75.00	422220

Mites players are required to play at the park location nearest to their home. Practice and game locations dependent on registration numbers.

LOCATIONS & SECTION CODES:

Oxford (01) Viking/Cox (03) Ulland (08)

SQUIRTS (8 YEARS)

SEASON STARTS: JUNE 2

DAYS	TIME	PRICE \$20 LATE FEE AFTER DEADLINE	CODE
M, W, TH	12:00 - 1:00 pm (practices/games)	\$95.00	422321-01

LOCATION: All games and practices will be at Oxford Sports Complex.

PEEWEES (9-10 YEARS)

SEASON STARTS: JUNE 2

DAYS	TIME	PRICE \$20 LATE FEE AFTER DEADLINE	CODE
M & W	10:30 - 11:45 am (games)	\$95.00	422322-01
TUES	1:15 - 2:15 pm (practices)		

LOCATION: All games and practices will be at Oxford Sports Complex.

BANTAM (11-13 YEARS)

SEASON STARTS: JUNE 2

DAYS	TIME	PRICE \$20 LATE FEE AFTER DEADLINE	CODE
M & W	9:00 - 10:15 am (games)	\$95.00	4422521-01
TUES	12:00 - 1:00 pm (practices)		

LOCATION: All games and practices will be at Oxford Sports Complex.

SCHEELS

YOUR BASEBALL HEADQUARTERS



EASTON

YOUTH BASEBALL | 25-26

ELEVATE YOUR *game*

SCAN CODE FOR OUR
BASEBALL BAT GUIDE!



Grand Forks Youth Baseball Association

CAL RIPKEN (9-10 YEARS | 11-12 YEARS *AS OF APRIL 30TH)

BABE RUTH (13 - 15 YEARS *AS OF APRIL 30TH)

REGISTER ONLINE: WWW.GFBASEBALL.COM

COLUMBIA MALL • GRAND FORKS, ND

Connect with us on Facebook @grandforksscheels

SCHEELS.com [f](#) [t](#) [i](#) [v](#)

youth softball



YOUTH SOFTBALL SESSION DATES

2 + **24**
JUNE JULY

9 REGISTRATION DEADLINE
MAY LATE FEE: \$20

NO SOFTBALL: JULY 3

HOW TO REGISTER



TEAM REQUESTS

Carpooling or team requests are permitted for Tball and Mite age groups ONLY. Requests must be made on registration.

INCLEMENT WEATHER

Visit gfparks.org or call info line: (701) 787-3499 for cancellation info.

GRAND FORKS PARK DISTRICT YOUTH SOFTBALL PROGRAMS

All girls in Grand Forks ages 5-15 years old are eligible to participate in softball programs. Our summer recreational softball program provides participants an opportunity to enhance their skills, learn the responsibilities of teamwork, and strive for excellence. Equipment is provided. Just bring your glove.

Participants must register in the league that corresponds to their age group (as of May 1, 2025) unless permission is received from the supervisor.

SOFTBALL T-SHIRTS

Softball t-shirts for all ages will be provided to players courtesy of Scheels. Players will need to pick shirts up at Scheels after the first week of practice once teams are assigned.

PICTURE DAY INFO

10 TUESDAY | JUNE 10
JUNE Scheels Sports Complex

T-Ball: 9:00 - 10:00 am

Mites: 10:15 - 11:15 am

Squirts: 11:30 am - 12:30 pm

Peewee & Ponytail: 2:15 - 3:15 pm

CITY TOURNAMENTS

15 **17** **22**
JULY JULY JULY

Softball tournament for Squirts, Peewees, and Ponytail divisions.

FUN DAY / LAST DAY

24 Fun Day / Last Day for
JULY T-Ball and Mites divisions.

T-BALL (5-6 YEARS)

SEASON STARTS: JUNE 3

DAYS	TIME	PRICE <small>\$20 LATE FEE AFTER DEADLINE</small>	CODE
T & TH	9:00 - 10:00 am	\$75.00	423120-01

LOCATION:

All games and practices will be at Scheels Sports Complex.

MITES (7-8 YEARS)

SEASON STARTS: JUNE 3

DAYS	TIME	PRICE <small>\$20 LATE FEE AFTER DEADLINE</small>	CODE
T & TH	10:15 - 11:15 am	\$75.00	423220-01

LOCATION:

All games and practices will be at Scheels Sports Complex.

SQUIRTS (9-10 YEARS)

SEASON STARTS: JUNE 2

DAYS	TIME	PRICE <small>\$20 LATE FEE AFTER DEADLINE</small>	CODE
T & TH	11:30 am - 12:30 pm (games)	\$95.00	423320-01
MON	11:00 am - 12:00 pm (practices)		

LOCATION:

All games and practices will be at Scheels Sports Complex.

PEEWEE (11-12 YEARS)

SEASON STARTS: JUNE 2

DAYS	TIME	PRICE <small>\$20 LATE FEE AFTER DEADLINE</small>	CODE
T & TH	2:15 - 3:30 pm (games)	\$95.00	423421-01
MON	12:15 - 1:15 pm (practices)		

LOCATION:

All games and practices will be at Scheels Sports Complex.

PONYTAIL (13-15 YEARS)

SEASON STARTS: JUNE 3

DAYS	TIME	PRICE <small>\$20 LATE FEE AFTER DEADLINE</small>	CODE
T & TH	2:15 - 3:30 pm (games)	\$95.00	423521-01
WED	11:00am - 12:00 pm (practices)		

LOCATION:

All games and practices will be at Scheels Sports Complex.

Grand Forks Youth Baseball Association

CAL RIPKEN (9-10 YEARS | 11-12 YEARS *AS OF APRIL 30TH)

BABE RUTH (13 - 15 YEARS *AS OF APRIL 30TH)

REGISTER ONLINE: WWW.GFBASEBALL.COM

SCHEELS®

YOUR SOFTBALL HEADQUARTERS



NO limits

SCAN CODE FOR OUR
FASTPITCH SOFTBALL
BAT GUIDE!



COLUMBIA MALL • GRAND FORKS, ND
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YOUTH SOFTBALL | 27-28

youth basketball

CHOICE HEALTH & FITNESS BASKETBALL

*OPEN TO MEMBERS & NON-MEMBERS

HOW TO REGISTER



ONLINE REGISTRATION

Available to members only*

Register online at choicehf.com



Registration Forms available for download online at

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

Forms can be submitted at the Customer Service Desk.

CHOICE BASKETBALL ACADEMY (GRADES K - 6)

2 - 14
JUNE AUGUST

27
MAY

Reg. Deadline
Late Fee: \$10

REG. OPENS: APRIL 28

NO CLASS: JUNE 30 - JULY 3

Basketball Academy is designed to cover the fundamentals of basketball by utilizing skill development sessions with our basketball instructors. Sessions will cover basic skills as well as introduce more advanced skill sets through team building exercises. *(Limited Space)*

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

GRADES	DAYS	TIME	COST	REGISTRATION CODE
K - 1	M & W	9:00 am - 10:00 am	\$210	BB2 - 3105
K - 1	MON	9:00 am - 10:00 am	\$105	BB2 - 3115
K - 1	WED	9:00 am - 10:00 am	\$105	BB2 - 3125
K - 1	T & TH	9:00 am - 10:00 am	\$210	BB2 - 3135
K - 1	TUES	9:00 am - 10:00 am	\$105	BB2 - 3140
K - 1	THURS	9:00 am - 10:00 am	\$105	BB2 - 3145
2 - 3	M & W	10:00 am - 11:00 am	\$210	BB2 - 3205
2 - 3	MON	10:00 am - 11:00 am	\$105	BB2 - 3215
2 - 3	WED	10:00 am - 11:00 am	\$105	BB2 - 3225
2 - 3	T & TH	10:00 am - 11:00 am	\$210	BB2 - 3235
2 - 3	TUES	10:00 am - 11:00 am	\$105	BB2 - 3240
2 - 3	THURS	10:00 am - 11:00 am	\$105	BB2 - 3245
4 - 6	M & W	11:00 am - 12:00 pm	\$210	BB2 - 3305
4 - 6	MON	11:00 am - 12:00 pm	\$105	BB2 - 3315
4 - 6	WED	11:00 am - 12:00 pm	\$105	BB3 - 3325

CHOICE MVP BASKETBALL ACADEMY (GRADES 4 - 8)

3 - 14
JUNE AUG.

27
MAY

Reg. Deadline
Late Fee: \$10

REG. OPENS: APRIL 28

NO CLASS: JULY 1 & 3

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

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

GRADES	DAYS	TIME	COST	REGISTRATION CODE
4 - 8	T & TH	11:00 am - 12:00 pm	\$216	BB2 - 4355



YOUTH BASKETBALL | 29-30

youth tennis



CHOICE HEALTH & FITNESS YOUTH TENNIS PROGRAMS

*OPEN TO MEMBERS & NON-MEMBERS

HOW TO REGISTER



ONLINE REGISTRATION*

Tennis in the Park:

See page 5 for online registration details.

Tiny Tots, 10 & Under, & Tennis Academy:

Online Registration is available to Choice Health & Fitness members only*



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

TENNIS IN THE PARK (AGES 5-14 YEARS)

9 JUNE
7 AUGUST
3 JUNE
Reg. Deadline
Late Fee: \$10

REG. OPENS: APRIL 21
NO CLASS: JUNE 30 & JULY 2

When: Monday & Wednesday | **Location:** Outdoor Tennis Courts* | **Cost:** \$120

Tennis in the Park is an introductory program is designed to teach students the fundamental strokes and techniques of tennis. *(Limited Space)*

Please Note: Players who have reached intermediate, advanced, or elite levels of Choice 10 & Under Tennis or Choice Tennis Academy should not enroll.

	AGES 5 - 7 9:00 - 10:00 am	AGES 8 - 10 10:00 - 11:00 am	AGES 11 - 14 11:00 am - 12:00 pm
FACILITY	CODE	CODE	CODE
Lincoln Tennis Courts	TIP-0412	TIP-0422	*Not offered at this location
Register Tennis Complex	TIP-0413	TIP-0423	*Not offered at this location
Paukert Tennis Complex	TIP-0414	TIP-0424	*Not offered at this location
University Park Tennis Courts	TIP-0415	TIP-0425	TIP-0435
Wynne Tennis Complex (at CHF)	TIP-0416	TIP-0426	TIP-0436

TINY TOTS TENNIS (3-5 YEARS)

3 - **31** **27**
 JUNE JULY MAY
 Reg. Deadline
 Late Fee: \$10

Location:
 Choice Tennis Courts

REG. OPENS: APRIL 28 | NO CLASSES: JULY 1 & 3

Tiny Tots tennis program introduces pre-school aged children to tennis. Parent-child class, so plan to attend to assist your child. *(Limited Space)*

AGES	DAYS	TIME	COST	REG. CODE
3-5	TUES	1:10 - 1:50 pm	\$76	TN2-309
3-5	THURS	1:10 - 1:50 pm	\$76	TN2-330

10 & UNDER TENNIS (5-10 YEARS)

2 - **13** **27**
 JUNE AUG. MAY
 Reg. Deadline
 Late Fee: \$10

Location:
 Choice Tennis Courts

REG. OPENS: APRIL 28 | NO CLASS: JUNE 30 & JULY 2

Provides a progressive approach to tennis success. Class utilizes scaled courts, low-compression balls, and smaller racquets to meet each child's developmental needs. *(Limited Space)*

10 & UNDER TENNIS | BEGINNER

AGES	DAYS	TIME	COST	REG. CODE
5-6	MON	1:00 - 2:00 pm	\$105	TN2-4102
5-6	WED	1:00 - 2:00 pm	\$105	TN2-4106
7-8	MON	2:00 - 3:00 pm	\$105	TN2-4133
7-8	WED	2:00 - 3:00 pm	\$105	TN2-4138
9-10	MON	3:00 - 4:00 pm	\$125	TN2-4165
9-10	WED	3:00 - 4:00 pm	\$125	TN2-4168

10 & UNDER TENNIS | INTERMEDIATE

AGES	DAYS	TIME	COST	REG. CODE
5-6	MON	1:00 - 2:00 pm	\$105	TN2-4202
5-6	WED	1:00 - 2:00 pm	\$105	TN2-4206
7-8	M & W	2:00 - 3:00 pm	\$250	TN2-4238
9-10	M & W	3:00 - 4:00 pm	\$250	TN2-4268

10 & UNDER TENNIS | ADVANCED

AGES	DAYS	TIME	COST	REG. CODE
5-6	M & W	1:00 - 2:00 pm	\$210	TN2-4305
7-8	M & W	2:00 - 3:00 pm	\$250	TN2-4338
9-10	M & W	3:00 - 4:00 pm	\$250	TN2-4368

TENNIS ACADEMY (11 - 18 YEARS)

3 - **14** **27**
 JUNE AUG. MAY
 Reg. Deadline
 Late Fee: \$10

Location:
 Choice Tennis Courts

REG. OPENS: APRIL 28 | NO CLASSES: JULY 1 & 3

Tennis Academy is designed to develop junior tennis players through a curriculum which promotes a natural progression through skill-based levels. *(Limited Space)*

TENNIS ACADEMY | BEGINNER

AGES	DAYS	TIME	COST	REG. CODE
11-14	T & TH	2:30 - 3:30 pm	\$250	TN2-5105
11-14	TUES	2:30 - 3:30 pm	\$125	TN2-5115
15-18	T & TH	2:30 - 3:30 pm	\$250	TN2-5145
15-18	TUES	2:30 - 3:30 pm	\$125	TN2-5155

TENNIS ACADEMY | INTERMEDIATE

AGES	DAYS	TIME	COST	REG. CODE
11-14	T & TH	10:30-11:30 am	\$250 \$355 (non-mem)	TN2-5205
15-18	T & TH	3:30 - 5:00 pm	\$350 \$455 (non-mem)	TN2-5245

TENNIS ACADEMY | ADVANCED

AGES	DAYS	TIME	COST	REG. CODE
11-14	T & TH	10:30 am - 12:00 pm	\$350 \$455 (non-mem)	TN2-5305
15-18	T & TH	3:30 - 5:00 pm	\$350 \$455 (non-mem)	TN2-5345

JUNIOR TEAM TENNIS (11-18 YEARS)

11 - **6** **2**
 JUNE AUGUST JUNE
 Reg. Deadline
 Late Fee: \$10

Location:
 Wynne Tennis Complex (at CHF)

REG. OPENS: APRIL 28 | NO CLASS: JULY 2

Tennis league in which junior tennis players compete as a team against other players of similar age and ability level. Coed teams are assigned by the Choice Health & Fitness tennis staff and consist of at least 6 players - 3 boys & 3 girls. *(Limited Space)*

AGES	DAYS	TIME	COST	REG. CODE
11-18	WED	5:00 - 7:00 pm	\$100	TN2-730

TENNIS TOURNAMENT

GRAND FORKS CLASSIC TENNIS TOURNAMENT

20 - **22**
 JUNE JUNE

Ages: Youth & Adult
Level: USTA Level 6
Location: Choice Health & Fitness

To Register: playtennis.usta.com/tournaments

adult tennis



CHOICE INTRODUCTORY TENNIS SERIES

(FIRST LESSON IS FREE!)

SESSION 1

3 JUNE + **18** JULY **27** MAY
 Reg. Deadline
 Late Fee: \$10

REG. OPENS: APRIL 28
 NO CLASSES: JULY 1 & 4

SESSION 2

22 JULY + **29** AUG. **14** JULY
 Reg. Deadline
 Late Fee: \$10

REG. OPENS: JUNE 16

Location: Choice Health & Fitness

Cost: \$70

Give tennis a try! Join one of our pros for an adult intro tennis lesson series. The series consists of 1 free intro group lesson followed by (5) one-hour group lessons. Come learn the basic strokes needed to play this lifetime sport.

HOW TO REGISTER



ONLINE REGISTRATION

Available to members only*

Register online at choicehf.com



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

SESSION 1	SESSION 1 DATES	CODE
TUES 7:30 - 8:30 pm	June 3, 10, 17, 24, July 8, 15	TN2-21011
FRI 9:30 - 10:30 am	June 6, 13, 20, 27, July 11, 18	TN2-22011

SESSION 2	SESSION 2 DATES	CODE
TUES 7:30 - 8:30 pm	July 22, 29, Aug. 5, 12, 19, 26	TN2-21012
FRI 9:30 - 10:30 am	July 25, Aug. 1, 8, 15, 22, 29	TN2-22012

SUMMER LEAGUES

(18+ YEARS)

13 JUNE + **22** AUGUST **3** JUNE
 Reg. Deadline
 Late Fee: \$10

No League: July 4

Location: Choice Health & Fitness

Cost: \$70 + tax (Singles)
 \$50 + tax (Doubles)

HOW TO REGISTER



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

Hit the tennis courts this summer in some friendly competition. Leagues available for all skill levels!

SUMMER LEAGUES	DAYS	TIMES
Singles / Doubles	THURS	6:00 - 8:00 pm

TENNIS DRILLS

(NO PRE-REGISTRATION REQUIRED)

Location: Choice Health & Fitness

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

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

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

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

PRIVATE LESSONS

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

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

tennis@choicehf.com | 701.746.2790

pickleball

PICKLEBALL IN THE PARK

(8 - 14 YEARS)

HOW TO REGISTER



ONLINE REGISTRATION*

See page 5 for online registration details.



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

3 + **17** **27**
JUNE JULY MAY
Reg. Deadline
Late Fee: \$10

Location: Abbott Sports Complex
1120 7th Avenue South

REG. OPENS: APRIL 21 | NO CLASSES: JULY 1 & 3

Pickleball in the Park program is designed to develop the fundamentals of pickleball, utilizing skill development sessions with our pickleball instructors.

AGES	DAYS	TIME	COST	REG. CODE
8 - 10	T & TH	8:30 am - 9:30 am	\$90	PIP-0422
11 - 14	T & TH	9:30 am - 10:30 am	\$90	PIP-0435

INDOOR PICKLEBALL OPEN PLAY

(*OPEN TO MEMBERS & NON-MEMBERS)

Location: Choice Health & Fitness

OPEN PLAY COST:

Choice Members: No charge

Non-Members: Must pay guest fee

Adult Guest Fee: \$13.00 + tax

Youth Guest Fee: \$9.00 + tax

Save 25% if a member brings you as their guest.

PICKLEBALL OPEN PLAY SCHEDULE AVAILABLE AT CHOICEHF.COM

cornhole

ADULT CORNHOLE LEAGUE

(AGES 18+)

2 - **28** **27**
JUNE JULY MAY
Reg. Deadline
Late Fee: \$10

REG. OPENS: MAY 5 | NO LEAGUE: JUNE 30

Location: Bringewatt Park 2205 24th Ave. South

How to Register: in-person at CHOICE HF

DAY	GAME TIMES	COST
MON	6:00 - 8:00 pm*	\$80 / team

Get outdoors and have some fun in Adult Cornhole League! Each team of 2 to 4 players will play at least 2 games per night (may vary depending on number of teams). Games will start every 30 minutes. Each game will be played to 21 points.
*Start times may change based on number of teams.

volleyball

youth & adult

YOUTH VOLLEYBALL ACADEMY (GRADES 4 - 8)

*OPEN TO MEMBERS & NON-MEMBERS

3 - **13**
JUNE - AUGUST
27
MAY
Reg. Deadline
Late Fee: \$10

Location:
Choice Health & Fitness

REG. OPENS: APRIL 28 | NO CLASS: JUNE 30 & JULY 2

Volleyball Academy is designed to develop basic volleyball skills through development sessions and lessons with instructors. *(Limited Space)*

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 submitted at Customer Service Desk.

GRADES 4-5

DAYS	TIME	COST	REG. CODE
M & W	1:00 - 2:00 pm	\$210	VB2-3315
M only	1:00 - 2:00 pm	\$105	VB2-3325
W only	1:00 - 2:00 pm	\$105	VB2-3335

GRADES 6-8

DAYS	TIME	COST	REG. CODE
M & W	2:00 - 3:00 pm	\$210	VB2-3415
M only	2:00 - 3:00 pm	\$105	VB2-3425
W only	2:00 - 3:00 pm	\$105	VB2-3435
M & W	3:00 - 4:00 pm	\$210	VB2-3515
M only	3:00 - 4:00 pm	\$105	VB2-3525
W only	3:00 - 4:00 pm	\$105	VB2-3535

ADULT SAND VOLLEYBALL LEAGUES

PRESENTED BY BUFFALO WILD WINGS

12 - **24**
MAY - JULY
5
MAY
Reg. Deadline
Late Fee: \$25

Location:
Bringewatt Park
(2205 24th Ave. S.)

REG. OPENS: APRIL 7
NO LEAGUE: MAY 26, JULY 1 - 3

How to Register:
in-person at CHOICE HF

Game Times: 6:10 pm, 7:15 pm, & 8:20 pm

League Cost:

2-person: \$75 / team (+tax)
4-person: \$150 / team (+tax)
6-person: \$225 / team (+tax)

Get a group of friends and coworkers together and form a team for adult sand volleyball leagues! Schedules are available approximately a week before the first day of competition.

DAYS / DIVISIONS

MON	TUES	WED	THUR
2 - Person	Coed 4's	Coed 6 (A)	Coed 6 (B)
Coed 6 (C)	Women's 6	Coed 6 (B)	Coed 6 (C)
		Coed 6 (C)	

athletic development Programs & camps

CHOICE HEALTH & FITNESS YOUTH SPORTS TRAINING

*OPEN TO MEMBERS & NON-MEMBERS

HOW TO REGISTER



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



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

CORE STRENGTH & AGILITY (AGES 8 - 14)

SESSION 1

2-27 **27**
JUNE JUNE MAY
Reg. Deadline
Late Fee: \$10

REG. OPENS: APRIL 28

SESSION 2

7-1 **30**
JULY AUGUST JUNE
Reg. Deadline
Late Fee: \$10

REG. OPENS: JUNE 2

SESSION 3

4-22 **28**
AUGUST AUGUST JULY
Reg. Deadline
Late Fee: \$10

REG. OPENS: JUNE 30 (+SESSION 3 ONLY 3 WEEKS)

Location: ICON Sports Center | **Trainer:** Caleb Fitch | **Max Class Capacity:** 12 Participants

Contact Info: Austin Jackson | 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 | 8-10 YEARS

GROUP	DAYS	TIME	SESSION 1 COST & CODE	SESSION 2 COST & CODE	SESSION 3 COST & CODE
Boys	M & W	11:00 am - 11:30 am	\$80 / \$115 (non-mem) FT2-32051	\$80 / \$115 (non-mem) FT2-32052	\$60 / \$95 (non-mem) FT2-32053
Girls	M & W	11:30 am - 12:00 pm	\$80 / \$115 (non-mem) FT2-32101	\$80 / \$115 (non-mem) FT2-32102	\$60 / \$95 (non-mem) FT2-32103
Boys	T & TH	11:00 am - 11:30 am	\$80 / \$115 (non-mem) FT2-32151	\$80 / \$115 (non-mem) FT2-32152	\$60 / \$95 (non-mem) FT2-32153
Girls	T & TH	11:30 am - 12:00 pm	\$80 / \$115 (non-mem) FT2-32171	\$80 / \$115 (non-mem) FT2-32172	\$60 / \$95 (non-mem) FT2-32173
Coed	M & W	4:00 pm - 4:30 pm	\$80 / \$115 (non-mem) FT2-32251	\$80 / \$115 (non-mem) FT2-32252	\$60 / \$95 (non-mem) FT2-32253
Coed	T & TH	4:00 pm - 4:30 pm	\$80 / \$115 (non-mem) FT2-32351	\$80 / \$115 (non-mem) FT2-32352	\$60 / \$95 (non-mem) FT2-32353

MIDDLE SCHOOL | 11-13 YEARS

GROUP	DAYS	TIME	SESSION 1 COST & CODE	SESSION 2 COST & CODE	SESSION 3 COST & CODE
Boys	M & W	12:00 pm - 12:45 pm	\$112 / \$147 (non-mem) FT2-32501	\$112 / \$147 (non-mem) FT2-32502	\$84 / \$119 (non-mem) FT2-32503
Girls	M & W	12:45 pm - 1:30 pm	\$112 / \$147 (non-mem) FT2-32531	\$112 / \$147 (non-mem) FT2-32532	\$84 / \$119 (non-mem) FT2-32533
Boys	T & TH	12:00 pm - 12:45 pm	\$112 / \$147 (non-mem) FT2-32701	\$112 / \$147 (non-mem) FT2-32702	\$84 / \$119 (non-mem) FT2-32703
Coed	M & W	4:30 pm - 5:15 pm	\$112 / \$147 (non-mem) FT2-32851	\$112 / \$147 (non-mem) FT2-32852	\$84 / \$119 (non-mem) FT2-32853
Coed	T & TH	4:30 pm - 5:15 pm	\$112 / \$147 (non-mem) FT2-32901	\$112 / \$147 (non-mem) FT2-32902	\$84 / \$119 (non-mem) FT2-32903

ATHLETIC DEVELOPMENT CAMPS

SUMMER SESSION

2

JUNE

+

9

AUGUST

27

MAY

Reg. Deadline
Late Fee: \$10

REG. OPENS: APRIL 29
NO CLASSES: JUNE 30 - JULY 4

Location: Altru Performance Center & ICON Sports Center

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

To Register: Set up free needs analysis and goal setting with trainer of your choice to determine which group will fit you best!

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

POST GRAD & HS BOYS

GROUP	TRAINER	DAYS	TIME	LOCATION	COST
Post Grad & HS Boys	CHF Staff	M, T, TH, F	6:30 am - 7:30 am	Altru PC	\$558
Post Grad & HS Boys	CHF Staff	M, T, TH, F	7:30 am - 8:30 am	Altru PC	\$558

HIGH SCHOOL BOYS

GROUP	TRAINER	DAYS	TIME	LOCATION	COST
High School Boys	CHF Staff	M, T, W, TH	9:15 am - 10:15 am	Altru PC	\$558
High School Boys	CHF Staff	M, T, W, TH	10:15 am - 11:15 am	Altru PC	\$558

BOYS BANTAM

GROUP	TRAINER	DAYS	TIME	LOCATION	COST
Bantam Boys	CHF Staff	T & TH	8:00 am - 8:45 am	Altru PC	\$225
Advanced Bantam Boys	CHF Staff	M, W, F	8:00 am - 8:45 am	Altru PC	\$337.50
Advanced Bantam Boys	CHF Staff	M, T, TH	10:30 am - 11:15 am	Altru PC	\$337.50

BOYS PEEWEE

GROUP	TRAINER	DAYS	TIME	LOCATION	COST
Peewee Boys	CHF Staff	T & TH	11:15 am - 12:00 pm	Altru PC	\$225
Advanced Peewee Boys	CHF Staff	M & W	11:15 am - 12:00 pm	Altru PC	\$225

HIGH SCHOOL GIRLS

GROUP	TRAINER	DAYS	TIME	LOCATION	COST
High School Girls	CHF Staff	M, T, TH	11:00 am - 12:00 pm	Altru PC	\$405

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

Chris Langei or Austin Jackson | sportstraining@choicehf.com | 701.746.2790

PROUD ACTIVITY GUIDE SPONSOR

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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

INDIVIDUAL TRAINING
(PRIVATE)

GROUP TRAINING
(SMALL GROUP / TEAM)

HOW TO REGISTER

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

701.746.2790

sportstraining@choicehf.com

STRENGTH & CONDITIONING TRAINING GROUPS ARE FORMING NOW!

PRESEASON / IN-SEASON BASEBALL TRAINING

Austin Jackson | ajackson@choicehf.com

SUMMER HOCKEY TRAINING

Chris Langei | clangei@choicehf.com

OFF-SEASON STRENGTH & CONDITIONING

Basketball | Football | Soccer | Volleyball
Austin Jackson | ajackson@choicehf.com



Individual or Group Training

TRAINING AVAILABLE FOR BOTH YOUTH & ADULTS*



BASEBALL/SOFTBALL

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

Trainer: Austin Jackson



DANCE



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

Trainer: Veronica Lien



BASKETBALL



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

Trainer: Jared Connell



GOLF

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

Trainer: Jared Connell



HOCKEY

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

Trainer: Chris Langei



TRACK



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

Trainer: Lisa Rollefstad



FIGURE SKATING

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

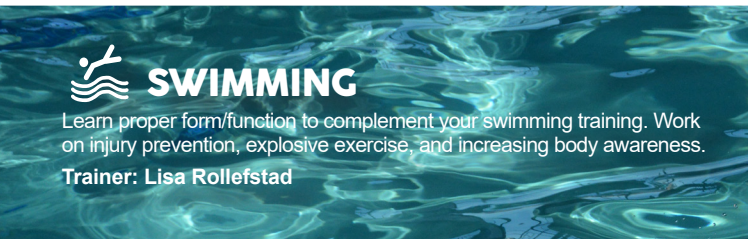
Trainer: Chris Langei



SWIMMING

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

Trainer: Lisa Rollefstad



SOCCER



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

Trainer: Jared Connell



VOLLEYBALL

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

Trainer: Austin Jackson



FOOTBALL

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

Trainer: Jared Connell



LACROSSE



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

Trainer: Nadia Morneau



hit the links





KING'S WALK GOLF COURSE



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

WORLD CLASS GOLF

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

COURSE AMENITIES

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

BECOME A MEMBER 27 HOLES - 2 GOLF COURSES 1 GREAT MEMBERSHIP

KING'S WALK MEMBERS ALSO PLAY AT LINCOLN GOLF COURSE **ALL SEASON LONG!**
SEE PAGE 46 FOR INFO ON LINCOLN GOLF COURSE



MEMBERSHIP RATES	RATES
Adult Season	\$1,150 +tax
Adult Plus Spouse Season Ticket	\$1,375 +tax
Family Season Ticket (children up to age 23)	\$1,650 +tax
Senior Non-Restricted (60+)	\$1,050 +tax
Senior Couple (both 60+)	\$1,295 +tax
Senior Restricted Season Ticket (60+) (Tee off anytime Mon.-Fri. & after Noon, Sat. & Sun.)	\$875 +tax
A.M. Players Season Ticket (Monday - Friday, before noon)	\$875 +tax
Intermediate Pass (19-25 yrs. old)	\$595 +tax
*Junior Pass (13-18 yrs. old)	\$250 +tax
*Youth Pass (9-12 yrs. old)	\$175 +tax

**some restrictions apply*

RANGE RATES	RATES
Buckets:	
Small (35 balls)	\$5
Medium (70 balls)	\$10
Large (105 balls)	\$13
X-Large (140 balls)	\$15
Single Range Pass (unlimited)	\$275 +tax
Couples Range Pass (2 in same family)	\$350 +tax
Family Range Pass	\$395 +tax
Junior Range Pass	\$110 +tax
\$25 off range passes for season ticket holders Load \$50 or more on a range E-Key & receive 20% bonus	

GREEN FEES	RATES
Fri - Sun 9 Holes	\$30 +tax
Fri - Sun 18 Holes	\$50 +tax
Weekday (Mon - Thurs) 9 Holes	\$25 +tax
Weekday (Mon - Thurs) 18 Holes	\$40 +tax
Student / Active Military 18 Holes	\$36 +tax
Junior Green Fee 9 Holes	\$14 +tax
Junior Green Fee 18 Holes	\$22 +tax

PUNCH CARDS	RATES
*10 Round Punch Card 9-Holes	\$230 +tax
*10 Round Punch Card 18 Holes	\$360 +tax
<i>*Punch cards must be used by card holder only</i>	

CARTS	RATES
9 Holes (per seat)	\$13
18 Holes (per seat)	\$23
10 Ride Punch Card (9 Holes)	\$120 +tax
10 Ride Punch Card (18 Holes)	\$200 +tax
Single Season Cart Pass	\$725 +tax
Couples Season Cart Pass	\$895 +tax
Single Senior Season Cart Pass	\$650 +tax
Season Trail Fee	\$725 +tax

**Those requesting to "ride alone" will be charged an additional \$5 for 9 / \$10 for 18*

scenic & historic golf

LINCOLN GOLF COURSE

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

FUN ON THE FAIRWAY

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!

2025 GOLF RATES

MEMBERSHIP RATES	RATES
Adult Season	\$475
Adult Plus Spouse Season Ticket	\$675
Family Season Ticket	\$795
Senior Season Ticket	\$450
Intermediate Pass 19-25 yrs. old	\$395
*Junior Pass 13-18 yrs. old	\$150
*Youth Pass 9-12 yrs. old	\$125

**some restrictions apply*

CARTS	RATES
9 Holes / 18 Holes	\$13 / \$21
10 Ride Punch Card (9 / 18 Holes)	\$110 / \$178
Single Season Cart Pass	\$475
Couples Season Cart Pass	\$650

AMENITIES

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



PUNCH CARDS

- 10 Round Punch Card | 9 Holes
- 5 Round Punch Card | 18 Holes

RATES

- \$198
- \$153

GREEN FEES

- 18 Holes
- 9 Holes
- Junior Green Fee | 18 Holes
- Junior Green Fee | 9 Holes
- College Student | 9 Holes
- College Student w/ Cart | 9 Holes

RATES

- \$34
- \$23.50
- \$16
- \$11
- \$20 +tax
- \$30 +tax



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 Lincoln clubhouse.



adult golf

WOMEN'S GOLF LEAGUES TUESDAY = LADIES' NIGHT AT THE GOLF COURSE

KING'S WALK LADIES' LEAGUE

LAID-BACK & SOCIAL LEAGUE AT KING'S WALK GOLF COURSE

20
MAY

Opening League Night: Tuesday, May 20
Opening Night Activities:
4:45 - 5:30 pm | Registration
5:45 pm | Golf

27 + 19
MAY AUG

Weekly Tee Times: 4:15 - 6:15 pm
Call ahead to schedule a tee time.

Contact: King's Walk | 701-787-5464

League Cost: \$40 (1-time fee) + *green fees for non-members*
Subs: \$7 (prize fee)

Every Tuesday will feature a different game along with on-course pin games. Make your own foursome or call or come out and we will find you a group to play with! Registration fee will go towards prizes. Come out to relax, laugh, and play golf with the girls.

**DETAILED LEAGUE INFO & REGISTRATION AVAILABLE
AT KINGSWALK.ORG OR (701) 787-5464**

LINCOLN LADIES' LEAGUE

LAID-BACK & SOCIAL LEAGUE AT LINCOLN GOLF COURSE

27
MAY

First League Night:
Tuesday, May 27
5:45 pm shotgun start

3 + 19
JUNE AUG

Weekly Tee Times:
4:30 - 6:15 pm
Call ahead to schedule a tee time.

Weekly Green Fees: \$22 (+ \$1 / prizes)
(Green Fees Included for Members | Punch Cards are Available)

Contact: Lincoln Golf Course | (701) 747-2788

Swing into summer with Lincoln Ladies' League (formerly Hackers) every Tuesday night at Lincoln Golf Course! This league is for the more laid-back golfer looking for a no-pressure golf league. You and your girlfriends are invited to play 9 holes each week in a fun, relaxed format. No commitment necessary. Come when you can!

**DETAILED LEAGUE INFO AVAILABLE AT
LINCOLNGOLF.ORG OR (701) 746-2788**

DIVOT A TRY!

GROUP BEGINNER LESSONS WITH A TWIST AT KING'S WALK

27 + 5
MAY AUGUST

When: Tuesday starting at 6:30 pm *sharp* | **Nightly Registration:** 6:00 - 6:15 pm
Cost: \$20 / golfer (per session) | **Contact:** King's Walk | (701) 787-5464

Escape to King's Walk every Tuesday night to join the ladies only, beginner golf club, Divot a Try. Each week participants will receive group lessons taught by pros along with a beverage ticket. Bring your girlfriends and come to King's Walk to "Divot a Try." **No Clubs? No problem. Equipment provided for those without. No commitment necessary. Come when you can!**

DETAILED DIVOT A TRY INFO AVAILABLE AT KINGSWALK.ORG OR (701) 787-5464



MEN'S GOLF LEAGUES

COMMIT TO PLAY MORE GOLF THIS SUMMER!

MONDAY MEN'S CLUB 9-HOLE LEAGUE AT KING'S WALK

12 - 22
MAY - SEPT

When: Monday Evenings
Contact: King's Walk
kingswalk.org | (701) 787-5464

Check out the new Monday league format. 9-holes each week. Payouts for top teams every week! Sign up as an individual or with a group. Groups will change each week. Full-time players **or** subs are welcome to register.

DETAILED LEAGUE INFO & REGISTRATION
AVAILABLE AT KINGSWALK.ORG OR (701) 787-5464

WEDNESDAY SENIOR'S LEAGUE

18-HOLE LEAGUE
(NEW MEMBERS WELCOME ANYTIME!)
AT LINCOLN GOLF COURSE

7 - 10
MAY - SEPT

When: Wednesday Mornings
Shotgun Start: 8:00 am
Contact: Lincoln Golf Course
lincolngolf.org | (701) 746-2788

DETAILED LEAGUE INFO AVAILABLE AT
LINCOLNGOLF.ORG OR (701) 746-2788

THURSDAY MEN'S LEAGUE 9-HOLE MATCH PLAY LEAGUE AT KING'S WALK

8 - 18
MAY - SEPT

When: Thursdays
Shotgun Start: 6:00 pm

Contact: kingswalk.org | (701) 787-5464

REGISTRATION OPEN TO FIRST 56 PLAYERS.
Subs are welcome to register as well.

DETAILED LEAGUE INFO & REGISTRATION
AVAILABLE AT KINGSWALK.ORG OR (701) 787-5464

IMPROVE YOUR GAME PRIVATE ADULT LESSONS

Available at King's Walk with one of our P.G.A. Golf Pros. Lessons are made by appointment.

PURCHASE LESSONS ONLINE AT KINGSWALK.ORG
TO SCHEDULE A LESSON, CALL: **701.787.5464**

GOLF PRO: DAN TANNAHILL		ASST. PRO: JAMES DELAURIER	
1 Session	\$100	1 Session	\$75
3 Sessions	\$270	3 Sessions	\$200
4 Sessions	\$350	4 Sessions	\$250

youth golf

WEE LINKSTERS

(BOYS & GIRLS | AGES 6 - 8 YRS)

11 - **30**
JUNE JULY
9 MAY
Reg. Deadline
Late Fee: \$10

Location: King's Walk Golf Course

Cost: \$85

How to Register:    

Summer program designed to introduce youngsters to the game of golf. Young golfers will learn the basics of the full swing, short game, and how to take their skills to the course. Instructors focus on fun, safety, and golf etiquette while incorporating games and contests to keep the kids attention.

*Children must have completed kindergarten to register

AGES	DAY	CODE	TIME
7 - 8 yrs.	Wednesday	426102-09	9:00 - 9:50 am
7 - 8 yrs.	Wednesday	426102-10	10:00 - 10:50 am
7 - 8 yrs.	Wednesday	426102-11	11:00 - 11:50 am
6 yrs.	Wednesday	426102-12	12:00 - 12:50 pm
6 - 8 yrs.	Wednesday	426102-01	1:00 - 1:50 pm

JUNIOR GOLF ACADEMY

(BOYS & GIRLS | AGES 9 - 15 YRS)

10 - **29**
JUNE JULY
9 MAY
Reg. Deadline
Late Fee: \$10

Location: King's Walk Golf Course

Cost: \$85

How to Register:    

Summer program designed to advance skills of junior golfers who are of beginner to advanced levels. Boys and girls will learn the fundamentals of the golf swing, putting stroke, short game shots, and golf course etiquette. Class size limited. Clubs provided for those without equipment.

AGES	DAY	CODE	TIME
11 - 15 yrs.	Tuesday	426103-08	8:30 - 9:30 am
11 - 15 yrs.	Tuesday	426103-09	9:30 - 10:30 am
9 - 10 yrs.	Tuesday	426103-10	10:30 - 11:30 am
9 - 10 yrs.	Tuesday	426103-11	11:30 - 12:30 pm

JUNIOR PLAY DAYS | FOR JUNIOR GOLF ACADEMY AND GIRL'S GOLF PROGRAM PARTICIPANTS

(BOYS & GIRLS | AGES 9 - 15 YRS)

19 - **17**
JUNE JULY

Location: Lincoln Golf Course

All participants in the Junior Golf Academy (Age 9+) and Girls Golf Program have the opportunity to play

on Thursday mornings in a structured environment. Juniors will be grouped together with others of the same age and ability to play 5-9 holes.

Some supervision will be on site. *More info handed out at first class.

GIRL'S GOLF PROGRAM

(GIRLS | 9 YRS & UP)

10 - **29**
JUNE JULY
9 MAY
Reg. Deadline
Late Fee: \$10

Days: Tuesday

Cost: \$85

Location: King's Walk Golf Course

How to Register:    

Program designed specifically for girls! All abilities, from beginners to those wishing to compete on the high school golf teams, will have the opportunity to improve their golf skills in a relaxed and fun setting.

DAY	CODE	TIME
Tuesday	426104-02	8:30 - 9:30 am
Tuesday	426104-01	12:30 - 1:30 pm

3-DAY KING'S WALK YOUTH GOLF CAMP

(BOYS & GIRLS | AGES 10 - 15 YRS)

5 - **7**
AUG. AUG.

Days: Tuesday - Thursday

Time: 8:00 am - 1:00 pm

Cost: \$195 per person

Location: King's Walk Golf Course

Activity Code: 426106-01

How to Register:    

Camp Days Include: 9 holes of golf, 3-hours of PGA instruction, practice balls, lunch, gift, and prizes! Space limited! Individuals grouped by ability and age.

MINIMUM RECOMMENDED EQUIPMENT FOR ALL GOLF CLASSES

- Fairway Wood
- Driver
- 2 Short Irons
- Putter
- Bag

Clubs should be proper length: i.e. the longest club in the set should be no longer than mid torso.

CLUBS WILL BE PROVIDED FOR THOSE WITHOUT EQUIPMENT





YOUTH GOLF MEMBERSHIPS

King's Walk Golf Course and Lincoln Golf Course offer youth, junior, intermediate, and family season memberships. See pages 41-44 for rates and membership information. ***Some restrictions apply.**

KING'S WALK	RATES
*Junior Pass 13-18 yrs	\$250
*Youth Pass 9-12 yrs	\$175
*Junior Range Pass	\$85 (mem) / \$110 (non-mem)
<i>King's Walk Pass includes Lincoln Membership</i>	

LINCOLN	RATES
*Junior Pass 13-18 yrs	\$150
*Youth Pass 9-12 yrs	\$125

PRIVATE JUNIOR LESSONS

Available at King's Walk with one of our P.G.A. Golf Professionals. Lessons are made by appointment.

PURCHASE LESSONS ONLINE AT KINGSWALK.ORG

TO SCHEDULE A LESSON, CALL: **701.787.5464**

GOLF PRO: DAN TANNAHILL		GOLF ASST. PRO: JAMES DELAURIER	
1 Session	\$75	1 Session	\$50
3 Sessions	\$200	3 Sessions	\$150
Group of 2	\$50 / golfer	Group of 2	\$30 / golfer

PGA JUNIOR LEAGUE

(BOYS & GIRLS | AGES 7 - 13 YRS)

10-22
JUNE JULY

Location: Greater GF Courses

Cost: \$310 per player

Matches: Tuesdays | 1:30 pm

5 Practices: Fridays | 9:00 - 10:15 am or 10:15 - 11:30 am
(Practice groups will be determined by age)

An awesome opportunity for kids! Join the PGA Junior League to play on all area courses in a fun, family-friendly environment. Participants will compete weekly on teams and wear jerseys! Learn and play golf in a fun setting with expert coaching from PGA professionals. No past golf experience necessary.



HOW TO REGISTER

Players must register online through the PGA Jr. League website: www.pgajrleague.com/sign-up



community fitness



↳ 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

BECOME A MEMBER

MEMBERSHIP RATES	MONTHLY	3-MONTHS
Individual	\$63	\$189
Family*	\$96	\$288
Single Parent Family	\$86.40	\$259.20
Youth (thru age 18 or HS)	\$35	\$105
Student*, Senior, or Military Individual	\$53.55	\$160.65
Senior Couple	\$76.80	\$230.40
Military Family	\$86.40	\$259.20

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 / \$9	1-Day / \$13	1-Day / \$35
	3-Day / \$18	3-Day / \$26	3-Day / \$70
	7-Day / \$36	7-Day / \$46	7-Day / \$96

Y WE'RE YOUR BEST CHOICE

2 GREAT FACILITIES
1 MEMBERSHIP

ONE-STOP SHOP

AVAILABLE TO THE ENTIRE COMMUNITY

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

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

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

HOURS OF OPERATION

SPRING/SUMMER HOURS <i>STARTS SATURDAY OF MEMORIAL WEEKEND</i>	HOLIDAYS HOURS
MONDAY - FRIDAY 5:00 am - 9:00 pm	MEMORIAL DAY 8:00 am - 4:00 pm
SATURDAY 7:30 am - 6:00 pm	4TH OF JULY CLOSED
SUNDAY 9:00 am - 6:00 pm	LABOR DAY 8:00 am - 4:00 pm

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

CHILDCARE AVAILABLE

Rates & info listed on choicehf.com	SUMMER HOURS
MONDAY - THURSDAY	8:30 am - 1:30 pm 3:30 - 8:00 pm
FRIDAY	8:30 am - 1:30 pm <i>No evening childcare</i>
SATURDAY	8:00 am - 1:00 pm
SUNDAY	CLOSED

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



LES MILLS BODYPUMP®

LEAN, STRONG,
UNSTOPPABLE

classes included in
membership

at Choice Health & Fitness

adult fitness classes

CYCLING CLASSES

LES MILLS RPM™

Ride to the rhythm of powerful music as you enjoy the calorie-burning benefits of interval training.

GROUP CYCLING

Enjoy this fun, “freestyle” cycling class lead by motivating music and instructors.

POWER CYCLING

One full hour of hills, sprints, and intervals to get the heart pumping!

EPIC CYCLING

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

DANCE CLASSES

ZUMBA®

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

YOGA CLASSES

GENTLE YOGA

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

YOGA FLOW

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

SPORT YOGA

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

CHAIR YOGA

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

DDPYOGA

Hybrid “High Energy” yoga class combining yoga positions, sports rehab therapy, dynamic resistance, and more!

STRENGTH & TONING CLASSES

LES MILLS BODYPUMP™

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

AQUATICS CLASSES

WATER AEROBICS

Shallow water class provides a great cardio workout with strength training through water resistance.

SENIOR SPLASH

45-minute low impact water aerobics class for just for seniors.

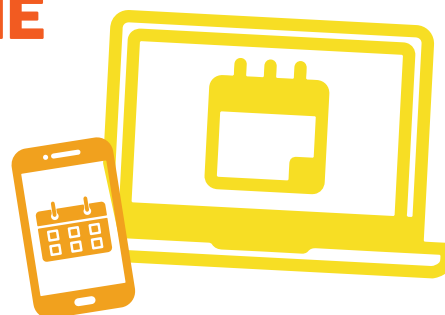
GENTLEMAN'S WATER CLUB

45-minute low impact water aerobics class for just for men.

VIEW SCHEDULES ONLINE

CHOICE HEALTH & FITNESS IS COMMITTED TO GETTING YOU MOVING! WE OFFER A VARIETY OF GROUP EXERCISE CLASSES INCLUDED RIGHT IN YOUR MEMBERSHIP, SO YOU'RE SURE TO FIND THE PERFECT CLASS AT YOUR FITNESS LEVEL AND AT A CONVENIENT TIME!

**VIEW SCHEDULES ONLINE
AT CHOICEHF.COM**





youth fitness

at Choice Health & Fitness

YOUTH FITNESS

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

HOW TO REGISTER



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



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

FIT KIDS (5-10 YEARS)

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

Explore the essential principles of exercise and healthy lifestyle choices through a variety of fun, interactive, and educational activities. Gain practical knowledge on fitness, nutrition, and wellness while participating in hands-on experiences that make learning enjoyable and accessible for all. Limited Space.

Trainer: Abby Stender

Location: Kids Zone

SESSION 1

2-27
JUNE JUNE
Reg. Deadline
Late Fee: \$10

REG. OPENS: APRIL 28

SESSION 2

7-1
JULY AUGUST
Reg. Deadline
Late Fee: \$10

REG. OPENS: JUNE 2

SESSION 3

4-22
AUGUST AUGUST
Reg. Deadline
Late Fee: \$10

REG. OPENS: JUNE 30

AGE	DAY	TIME	SESS. 1 COST / CODE	SESS. 2 COST / CODE	SESS. 3 COST / CODE
5 - 7	M & W	10:00 am - 10:30 am	\$80 / \$115 (non-mem) FT2-332101	\$80 / \$115 (non-mem) FT2-332102	\$60 / \$95 (non-mem) FT2-332103
8 - 10	M & W	10:30 am - 11:00 am	\$80 / \$115 (non-mem) FT2-332111	\$80 / \$115 (non-mem) FT2-332112	\$60 / \$95 (non-mem) FT2-332113

senior fitness

at Choice Health & Fitness

MORE THAN A GYM, WE'RE A COMMUNITY

Choice Health & Fitness is an exercise and social haven for our mature adult population. We have SilverSneakers®, a fun blend of physical activity, healthy lifestyle, and socially-oriented programs that allow older adults to take greater control of their health. Most senior programs are included in membership and offered throughout the year. Senior Membership Rates are available, see page Activity Guide page 50.

SILVER & FIT AND SILVER SNEAKERS®

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

SENIOR FITNESS CLASSES INCLUDED IN MEMBERSHIP

FUN & FIT

A variety of activities to improve quality of life.

SENIOR CIRCUIT

Standing circuit workout to increase cardio endurance.

SENIOR SPLASH

A 45-minute low impact water aerobics class.

GENTLEMAN'S WATER CLUB

A 45-minute low impact water aerobics class for men.

GENTLE YOGA

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

SENIOR CLASSIC

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

CHAIR YOGA

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

YOGA FLOW

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



personal training

AT CHOICE HEALTH & FITNESS

personalized fitness

JUST FOR YOU!

Our trainers are here to educate, motivate, and hold you accountable! Whether you're a beginner or an advanced exerciser, youth or senior, we have a trainer that's perfect for you!

Start with your **FREE** consultation (15 minutes) today. This is a one-on-one goal-setting meeting with a personal trainer. The personal trainer will guide you in the direction you need to meet your personal fitness goals.

CONTACT US FOR MORE INFO:

701.746.2790

PERSONALTRAINING@CHOICEHF.COM

Session Length	TRAINING RATES 1 PERSON		TRAINING RATES 2 PEOPLE	
	Certified Personal Trainer	Certified Master Trainer	Certified Personal Trainer	Certified 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 Length	TRAINING RATES 3-4 PEOPLE		TRAINING RATES 5+ PEOPLE
	Certified Personal Trainer	Certified Master Trainer	Certified Personal Trainer / Certified 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	Add to any of above services at no charge	

meet our amazing

personal trainers

PERSONAL TRAINING | 55-56



VERONICA LIEN
MASTER TRAINER

701.269.9451
VLIEN.CHOICEHF@GMAIL.COM

TAMMY KOPPANG
MASTER TRAINER

701.215.2877
TKOPPANG@CHOICEHF.COM



SANDY JOHNSON
MASTER TRAINER

218.791.7743
SJOHNSON.CHOICEHF@GMAIL.COM



MORGAN DILWORTH
PERSONAL TRAINER

801.319.6805
MDILWORTH.CHOICEHF@GMAIL.COM



JARED CONNELL
MASTER TRAINER

701.400.7684
JCONNELL@CHOICEHF.COM



JEN OAKLAND
PERSONAL TRAINER

701.212.2495
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CHRIS LANGEI
MASTER TRAINER

218.779.7705
CLANGEI@CHOICEHF.COM



MICHELLE CREMERS
MASTER TRAINER

COACHMCLL@YAHOO.COM



CALEB FITCH
PERSONAL TRAINER

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CFITCH.CHOICEHF@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

701.746.2790
PERSONALTRAINING@CHOICEHF.COM



AUSTIN JACKSON
MASTER TRAINER

AJACKSON@CHOICEHF.COM



KRIS WIFALL
PERSONAL TRAINER

701.739.4433
KWIFALL.CHOICEHF@GMAIL.COM



ABBY STENDER
PERSONAL TRAINER

507.476.8432
ASTENDER.CHOICEHF@GMAIL.COM



ANDREW SCRIBNER
PERSONAL TRAINER

ASCRIBNER.CHOICEHF@GMAIL.COM



BROCK MONTGOMERY
PERSONAL TRAINER

218.791.1564



group training

ADULT GROUP TRAINING

HOW TO REGISTER



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



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

SESSION 1

2 + 27
JUNE JUNE
27 MAY
Reg. Deadline
Late Fee: \$10

REG. OPENS: APRIL 28

SESSION 2

7 + 1
JULY AUGUST
30 JULY
Reg. Deadline
Late Fee: \$10

REG. OPENS: JUNE 2

SESSION 3

4 + 29
AUGUST AUGUST
28 JULY
Reg. Deadline
Late Fee: \$10

REG. OPENS: JUNE 30

ULTIMATE CARDIO (OPEN TO CHOICE HF MEMBERS ONLY)

Trainer: Chris Langei

Location: PT Studio/Altru

Ultimate Cardio is a 30-minute high intensity cardio workout including: 5-minute warm-up, 20-minute interval training, and 5-minutes of abdominal and stretching exercises. *(Limited Space)*

DAY	TIME	SESS. 1 COST / CODE	SESS. 2 COST / CODE	SESS. 3 COST / CODE
M & F	5:30 - 6:00 am	\$80 FT2-41101	\$80 FT2-41102	\$80 FT2-41103

WOMEN ON WEIGHTS (OPEN TO CHOICE HF MEMBERS ONLY)

Trainer: Morgan Dilworth

Location: Choice Fitness Floor

Women on Weights is a 30-minute class that blends strength training and cardio, offering a quick, dynamic workout with a variety of exercises to keep you engaged and challenged. *(Limited Space)*

DAY	TIME	SESS. 1 COST / CODE	SESS. 2 COST / CODE	SESS. 3 COST / CODE
T & TH	9:30 - 10:00 am	\$80 FT2-40101	\$80 FT2-40102	\$80 FT2-40103

SUMMER SHRED BOOT CAMP (OPEN TO CHOICE HF MEMBERS & NON-MEMBERS)

SESSION 1

28 + 27
APRIL JUNE
21 APRIL
Reg. Deadline
Late Fee: \$10

REG. OPENS: APRIL 1

SESSION 2

7 + 28
JULY AUGUST
30 JUNE
Reg. Deadline
Late Fee: \$10

REG. OPENS: JUNE 2

Location: Choice HF Grounds

Trainer: Veronica Lien

Trainer Veronica Lien leads this 8 or 9 week challenge for those looking to get in shape & tone up. Participants commit to weekly training that includes an intense group training session each week and individual daily orders. **VISIT CHOICEHF.COM FOR REGISTRATION DETAILS!**

PLATOON	DAY	TIME	SESSION 1 COST / CODE	SESSION 2 COST / CODE
Platoon 1	TUES	12:00 pm - 1:00 pm	\$180 / \$220 (non-member) FT2-43811	\$160 / \$200 (non-member) FT2-43812
Platoon 2	TUES	5:45 pm - 6:45 pm	\$180 / \$220 (non-member) FT2-43821	\$160 / \$200 (non-member) FT2-43822
Platoon 3	THURS	5:45 am - 6:45 am	\$180 / \$220 (non-member) FT2-43841	\$160 / \$200 (non-member) FT2-43842



GROUP TRAINING | 57-58

private clubs & programs

TWINS YOUTH CLINIC

9
AUGUST

Dates: Check gfparks.org for updates on clinic dates
Location: Montgomery Field at Oxford Sports Complex
Time: 9:00 am - 11:00 am

No Registration Required - Free!

Hands-on instruction for boys and girls ages 6-13.

Kids should bring a glove. All other equipment will be provided.

In case of inclement weather, clinic will be held at Eagles Arena.

GRAND FORKS BASEBALL

GFYBA offers competitive local league and travel baseball for ages 8-16. Local league teams have practices and games weekday evenings. Travel teams will play games and tournaments against other teams in state and region. **Registration:** www.gfbaseball.com

Fees: \$300 - \$650

Contact: Aaron Schauer | schauerpower15@gmail.com
Jerod Seaver | jerods1@gra.midco.net

GGF YOUTH FOOTBALL LEAGUE

GGFYF follows the USA Football Development Model. In this model, we offer the following levels of football in the Greater Grand Forks Area.

FLAG FOOTBALL | K-6TH GRADE (BOYS & GIRLS)

Cost: \$125 (Early Reg. Discount \$25) | Discount Deadline: July 19, 2025

Practice Begins: August 19, 2025

ROOKIE TACKLE FOOTBALL | 3RD-4TH GRADE (BOYS & GIRLS)

A modified version of football that is heavy on skill development. Players are allowed to play all positions.

Cost: \$250 (Early Reg. Discount \$75) | Discount Deadline: July 5, 2025

Practice Begins: August 4, 2025

TACKLE FOOTBALL | 5TH & 6TH GRADE (BOYS & GIRLS)

Practice Begins: August 4, 2025

Cost: \$250 (Early Reg. Discount \$75) | Discount Deadline: July 5, 2025

All families with an athlete in Rookie Tackle or Tackle will be required to sell one (1) book of raffle tickets per family. Selling tickets will allow us to keep the registration fees lower.

FLAG FOOTBALL - GIRLS ONLY DIVISION | K - 6TH GRADE

Cost: \$100 (Early Reg. Discount \$25) | Discount Deadline: July 19, 2025

How to Register: gfyouthfootball.com (all players must register online)

Contact: gfyfdirector@gmail.com

BIO GIRLS

BIO Girls improves mental health of adolescent girls in grades 2-6 through empowerment of self and connection with others. There are two opportunities to join this summer in Grand Forks! Hope Evangelical and Calvary Church start **June 9, 2025**. Both locations are participating in the Grand Forks Marathon 5K as their finale!

Cost: \$270 for 12 week program. *Financial assistance available.*

Registration opens May 6, 2025

Register at: <https://www.biogirls.org/north-dakota>.

GRAND FORKS PUBLIC LIBRARY SUMMER READING PROGRAM

31-31
MAY JULY

Sign up for the Summer Reading Program, grab your reading logs and activity challenges, and start earning prizes! Enjoy exciting events all summer long.

Register online or at the library.

Open to All Ages: Children, Teens, and Adults

Theme: Color Our World

Website: gflibrary.com

Contact: 701-772-8116 or childrens@gflibrary.com

Kickoff Party: Saturday, May 31 | 2:00 pm - 4:00 pm

Cost: FREE!

GRAND CITIES PICKLEBALL CLUB

A group of enthusiastic pickleball players located in Grand Forks area. This club is for all skill levels. We welcome new players and provide coaching and support.

Dates/Times: Check website for play times and locations

Website: www.grandcitiespickleball.com

Cost: Full Year Individual Membership \$30 | 2+ Membership \$50

Additional fees associated with indoor play but outdoor play is free.

Contact: grandcitiespickleball@outlook.com



Grand Cities Pickleball

THE LITTLE RED READING BUS

Honk, honk! The little red reading bus is coming to the streets of Grand Forks this summer! This free "library on wheels" will be visiting parks, allowing children to check books in and out from June to August.

Follow the Little Red Reading Bus at: readeveryday.org



LittleRedReadingBus

BORDER BLADES FIGURE SKATING CLUB SUMMER SKATING PROGRAMS

2-31
JUNE JULY

Learn to Skate: Great for the skater looking to improve his or her skills.

Private Lessons: Join Border Blades, purchase and set ice time and set up lessons with one of our professional coaches.

Synchronized Skating: Please contact Synchro Coordinators at synchro@borderblades.org if you are interested in joining our synchronized skating teams.

Registration: www.borderblades.org/summer

Contact: Mandy Erickson | skatingdirector@borderblades.org



Border Blades Figure Skating Club

SUMMER OUTDOOR YOGA SERIES

1-21
JUNE SEPT.

Join Living Well Yoga+Arts for the 10th Annual outdoor yoga series. Making it a priority of good mental, physical, and spiritual health for over a decade.

Cost: Free (donation based class)

Location: Flood Memorial Obelisk

Time: Every other Saturday | 10:00 am - 11:00 am

Contact: 701.739.3034 | livingwellyoga.arts@gmail.com



Living Well Yoga+Arts

EASTSIDE TIME TRIAL SERIES

Fine tune your biking in preparation for triathlons with time trials. 5 dates have been set for 12.5 mile trials this summer. Come once or all five sessions.

Suggested Donation: \$5/\$15

Proceeds will support the Northlands Rescue Mission

When: See Facebook page **Northern Star Cycling Club**

Time: 6:30 pm Registration | 7:00 pm Start (1st Rider)

Contact: Tim Sproul for details | (651)-285-4729

GREATER GRAND FORKS SOCCER CLUB

Visit www.ggfsc.com for more program details and to register online.

GGFSC COMPETITIVE SOCCER (8-18 YRS OLD):

- Competitive soccer with travel to area tournaments and games
- Runs mid April through mid July & August - October 2025

SUMMER ACADEMY PROGRAM (4-10 YRS OLD):

Program is for top soccer players seeking higher-level skill development and regional competition, including travel to ND, MN, and beyond.

RECREATIONAL PROGRAM

Recreational program, for preschool - 6th grade, runs in spring and fall, focusing on fun, sportsmanship, and skill development over game results.

SPECIAL OLYMPICS NORTH DAKOTA

Year-round sports training and athletic competition in a variety of sports for children and adults with intellectual disabilities, giving them continuing opportunities to develop physical fitness, demonstrate courage, experience joy and participate in a sharing of gifts, skills and friendships with their families, other Special Olympics athletes and the community.

Contact: area5sond@hotmail.com | www.specialolympicsgf.org

POWERLIFTING: M & W, 7:00 pm - 8:00pm @ EGF Senior High School

TRACK & FIELD: M & W, 6:00 pm - 7:00pm @ EGF Senior High School

SWIMMING: Tue, 5:30 pm - 6:30pm @ Hyslop pool on UND campus.

Starting March 26, 2025

SOCCER/BOCCE: Begins approx. end of July with state tournament in mid-September in Grand Forks.

 **Special Olympics Grand Forks**

STARS ATHLETICS VOLLEYBALL (GRADES 2 - 9)

Volleyball camp for girls grades 2-9.

Learn volleyball skills and fundamentals in a fun environment.

Date: 2025 dates TBD | **Cost:** \$60.00

For more info: starsathleticsvb@gmail.com | (218) 791-6203

NORTH DAKOTA MUSEUM OF ART SUMMER ART CAMP

Week-long day camps from 9:00 am – 3:00 pm, where kids create alongside professional artists. Held at UND's Hughes Fine Arts Center. Registration opens May 7. Two camps per week from June 9 – July 18.

Cost: \$250 (Members save \$50)

CAMP SCHEDULE:

JUNE 9 - 13

1A: Wild and Real (Ages 6 - 9)

1B: Story Lab (Ages 10 - 14)

JUNE 16 - 20

2A: Print Lab (Ages 6 - 9)

2B: Creative Costumes (Ages 10 - 14)

JUNE 23 - 27

3A: Color Explorers (Ages 6 - 9)

3B: Emblem Makers (Ages 10 - 14)

JUNE 30 - JULY 3 (Special Price: \$125)

4A: Music Around the World (Ages 3 - 6 with Parents)

4B: Music, Art & Mythology (Ages 7 - 11)

JULY 7 - 11

5A: Handmade Histories (Ages 6 - 9)

5B: Relief Printmaking (Ages 10 - 14)

JULY 14 - 18

6: Wild Creations (Ages 6 - 14)

Registration & Details: www.ndmoa.com/summer-art-camp

Contact: 701.777.3599

TRAP SHOOTING LEAGUE - YOUTH

26 MAY + 18 AUGUST

When: Mondays | 5:30pm - 7:30pm

Location: GF Gun Club, 6950 Gateway Dr.
2 mi. West of G.F. on Hwy 2

Safety Meeting: May 26, 6:30 pm | GF Gun Club

Cost: \$142.00 (Club Membership & Targets)

Shells sales available at the club. (20 gauge and 12 gauge only)

Contact: gfgunclub@gmail.com

Weekly trap shooting league for beginners to the most experienced shooters. Ages 10-18 years. Use your own shotgun or the club can provide a shotgun for your use.

 **GFGunClub**

TRAP SHOOTING LEAGUE

7 MAY + 13 AUGUST

When: May: Wed & Thurs | 5:30 pm - 8:00 pm

June-August: Tues & Wed | 5:30 pm - 9:00 pm

Location: GF Gun Club, 6950 Gateway Dr.
2 mi. West of G.F. on Hwy 2

Registration: At GF Gun Club

Cost: \$142.00 League Fee / \$40.00 Membership (Adults only)

Shells sales available at the club. (20 gauge and 12 gauge only)

Trap Doubles/Trap Handicap/Skeet League; inquire at the club for details. **Contact:** gfgunclub@gmail.com

Weekly trap shooting league for men, women and youth; for both beginners and experienced shooters. 12-week league with a handicap format, start your own team of minimum of 5 members or we will have teams we can place you on.

 **GFGunClub**

GRAND CITIES LACROSSE (TEAMS FOR BOTH BOYS & GIRLS)

Come and enjoy one of the fastest growing sports in the country with one of the most successful club teams in the upper Midwest. The GCLA is a family focused association looking to provide learning, athletics, and a teamwork atmosphere for youth of the region to grow and excel. **Season runs from mid March - mid June, 2024. (14 & under generally do not start until April).**

8U Division through Varsity/JV Division

When: Weekday Evenings | 4:00 pm - 7:30 pm (Depending on team)

Location: South Middle School | 1999 47th Ave. S.

Registration: www.grandcitieslacrosse.org

Contact: grand.cities.lacrosse@gmail.com

 **Grand Cities Lacrosse Association**

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20 Minutes of Activity = 10 Gulps of Water Needed (5 oz.)

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More info at SafeKidsGF.com

or by calling (701) 780-1489.

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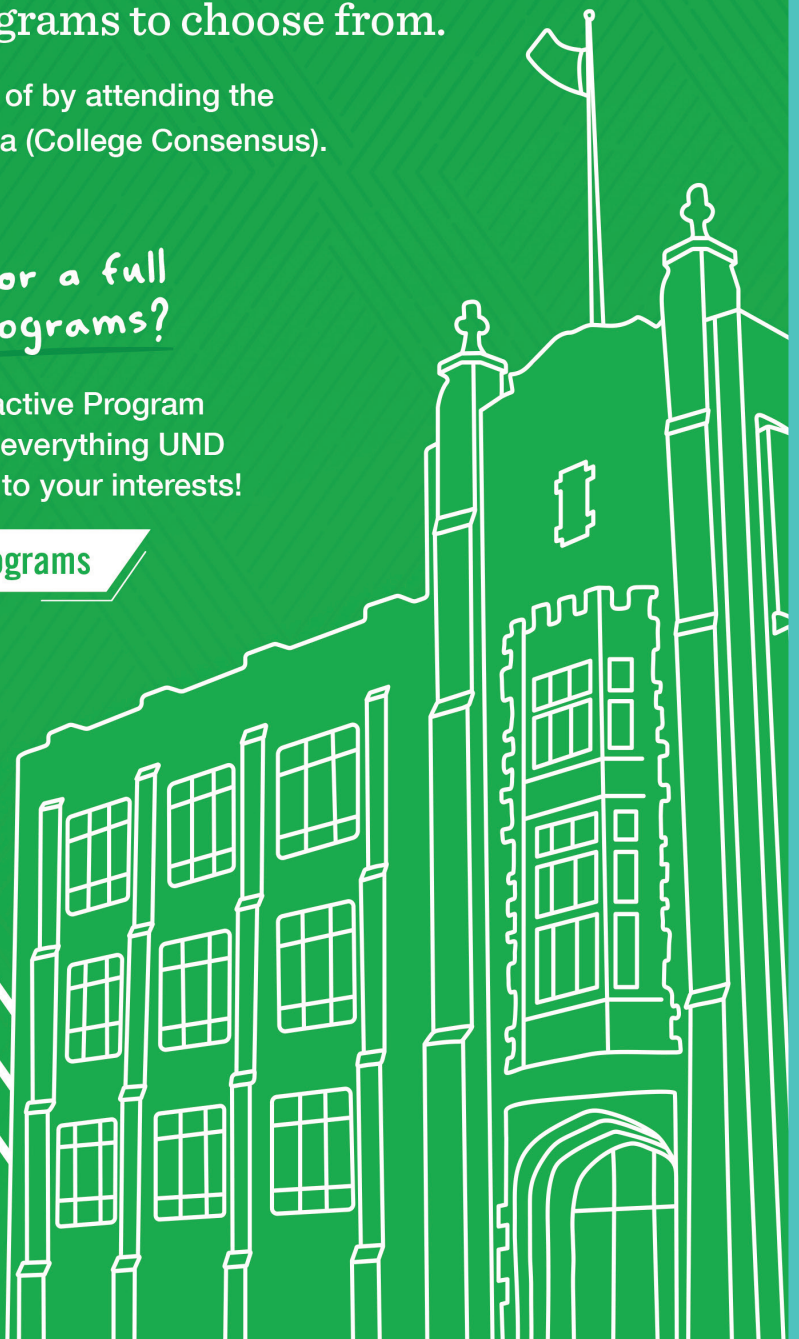


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