

# RATES, SERVICES & GENERAL INFORMATION

## INSPIRING GREATER COMMUNITY HEALTH & HAPPINESS



### MEMBERSHIP OPTIONS (3-month minimum)

Membership Rates	Monthly 3-month minimum	3-Month Total	Annual Pre-Pay 10% Discount
Individual	\$55	\$165	\$594 \$66 savings
*Family <small>see description below</small>	\$76	\$228	\$820.80 \$91.20 savings
Single Parent Family	\$71	\$213	\$766.80 \$85.20 savings
Youth <small>thru age 18 or in High School</small>	\$21	\$63	\$226.80 \$25.20 savings
Student*, Senior or Military Individual	\$47	\$141	\$507.60 \$56.40 savings
Senior Couple <small>age 60+</small>	\$59	\$177	\$637.20 \$70.80 savings
Military Family	\$68	\$204	\$734.40 \$81.60 savings

RATES LISTED ABOVE REQUIRE A 3-MONTH MINIMUM MEMBERSHIP  
 \*Family: Couples residing in the same household and filing taxes jointly.  
 May include children through High School and attending College through age 24.  
 \*Student: Full time student through age 24.

### CHILDCARE OPTIONS

Member Options	1 Child \$4.00 / visit	2 Children \$6.00 / visit	3+ Children \$8.00 / visit
Non-Member Options	1 Child \$6.00 / visit	2 Children \$9.00 / visit	3+ Children \$12.00 / visit

### GUEST PASS OPTIONS (tax applied at purchase)

Guest Pass	Single Youth	Single Adult	Family
Member Options	1-Day / \$6	1-Day / \$9	1-Day / \$22.50
	3-Day / \$10	3-Day / \$15	3-Day / \$38
	7-Day / \$20	7-Day / \$30	7-Day / \$60
Non-Member Options	1-Day / \$8	1-Day / \$12	1-Day / \$30
	3-Day / \$13	3-Day / \$20	3-Day / \$50
	7-Day / \$27	7-Day / \$45	7-Day / \$83

Childcare & Guest Pass rates at Choice Health & Fitness do not apply at the Altru Family YMCA. To receive member guest pass rates, member must be present when pass is purchased.  
 \*Identification will be required for guests 15 years & older.



### LET'S CHAT

Online: [www.Choicehf.com](http://www.Choicehf.com)  
 Email: [info@Choicehf.com](mailto:info@Choicehf.com)  
 Phone: 701.746.2790

### FIND US

4401 South 11th Street  
 Grand Forks, North Dakota 58201

### SHORT-TERM MEMBERSHIPS

Available - Please Ask  
 Membership Staff for Details

### MEMBER CARD REPLACEMENT

Fee Per Card \$5

### LOCKERS

Daily Use No Fee  
 Monthly (bank draft) \$10

Limited quantity - rental based on availability.

### STAY AWHILE

#### FALL - SPRING HOURS

(begins after Labor Day)  
 M-TH 5:00 AM - 11:00 PM  
 FRI 5:00 AM - 9:00 PM  
 S-S 7:30 AM - 9:00 PM

#### SUMMER HOURS

(begins Memorial Day Weekend)  
 M-TH 5:00 AM - 10:00 PM  
 FRI 5:00 AM - 8:00 PM  
 S-S 7:30 AM - 6:00 PM

Holiday Hours: visit [ChoiceHF.com](http://ChoiceHF.com)

### CHILDCARE HOURS

#### FALL - SPRING HOURS

(begins after Labor Day)  
 M-TH 8:00 AM - 1:30 PM  
 4:00 PM - 8:00 PM  
 FRI 8:00 AM - 1:30 PM  
 4:00 PM - 7:00 PM  
 SAT 8:00 AM - 1:30 PM  
 SUN Closed

#### SUMMER HOURS

(begins Memorial Day Weekend)  
 M-TH 8:00 AM - 1:30 PM  
 4:00 PM - 8:00 PM  
 FRI 8:00 AM - 1:30 PM  
 SAT 8:00 AM - 1:30 PM  
 SUN Closed

## AMENITIES

- ▶ 2 Basketball Courts
- ▶ 6 Tennis Courts & 3 Racquetball Courts
- ▶ Aquatics Complex: Lazy River, 2 Water Slides, Zero Depth Entry Pool, 3-Lane Lap Pool
- ▶ Run/Walk Track: 7 laps = 1 mile
- ▶ Personal Training Studio
- ▶ Group Exercise & Cycling Studios
- ▶ State-of-the-Art Fitness Equipment
- ▶ Free Wifi
- ▶ Childcare Area: Indoor Play Area, Arts, Crafts, & Active Play Time
- ▶ 2 Party Rooms: Youth Birthday Parties
- ▶ Community Rooms: Education Classes & Events
- ▶ Spacious Men's & Women's Locker Rooms: Steam Rooms & Locker Use (locks not provided)
- ▶ Family Locker Room
- ▶ Lounge Area: Space to Laugh and Relax
- ▶ Outdoor Patio Spaces
- ▶ Pro Shop: Fitness Apparel & Miscellaneous Items
- ▶ Deli: Variety of Delicious Smoothies, Food & Beverages
- ▶ Partner Services On-Site:
  - USDA-ARS GF Human Nutrition Research Center
  - Altru Health System
  - Truyu Aesthetic Center



# IMPORTANT AGE GUIDELINES

To help ensure the safety of our members & guests, we have established age-appropriate guidelines and the Choice Youth Fit Club. Details available on-site or online at [Choicehf.com](http://Choicehf.com)

## Choice Childcare

Childcare is designated for ages 8 weeks - 8 years.

## Choice Youth Fit Club | Requirements (ages 9-17)

**Ages 9-13:** Have a youth fitness release form signed by a parent/guardian on file & have completed an equipment orientation & received required age designated wristband, to be worn when using equipment. Youth must be determined by Fitness Staff to be physically developed to level to fit appropriately & safely on equipment.

**Ages 14-17:** Have a youth fitness release form signed by parent/guardian on file.

Complete details available on-site or online at [Choicehf.com](http://Choicehf.com)

## Youth Weight Training (ages 11-13)

Monday - Friday | 3:30 - 5:30 pm. Staff supervised youth weight training sessions.

Age	Aquatics	Cardio Areas / Equipment	Fitness Areas / Weight Machines	Free Weight Areas	Extreme Training Area	Group Exercise	Gymnasium	Track	Racquetball Courts	Tennis Courts <small>Court time fees apply</small>
<b>Age 14-17</b>	Permitted in this area.	Must have youth wristband and be supervised by a person 14 years or older.	Must have youth wristband and be supervised by a person 14 years or older.	NOT permitted in this area.	NOT permitted in this area.	NOT permitted in this area except for age appropriate youth classes.	Permitted in this area.	Permitted in this area.	Permitted in this area.	Permitted in this area.
<b>Age 11-13</b>	Must be supervised by person 14 years or older.	Must have youth wristband and be supervised by a person 14 years or older.	NOT permitted in this area.	NOT permitted in this area.	NOT permitted in this area.	NOT permitted in this area except for age appropriate youth classes.	Must be supervised by person 14 years or older.	Must be supervised by person 14 years or older.	Must be supervised by person 14 years or older.	Must be supervised by person 14 years or older.
<b>Age 9-10</b>	Must be supervised by person 14 years or older.	NOT permitted in this area.	NOT permitted in this area.	NOT permitted in this area.	NOT permitted in this area.	NOT permitted in this area except for age appropriate youth classes.	Must be supervised by person 14 years or older.	Must be supervised by person 14 years or older.	Must be supervised by person 14 years or older.	Must be supervised by person 14 years or older.
<b>Age 8 &amp; Under</b>	Must be supervised by person 14 years or older.	NOT permitted in this area.	NOT permitted in this area.	NOT permitted in this area.	NOT permitted in this area.	NOT permitted in this area except for age appropriate youth classes.	Must be supervised by person 14 years or older.	Must be supervised by person 14 years or older.	Must be supervised by person 14 years or older.	Must be supervised by person 14 years or older.

Children 4 years old & under must be supervised and within an arms length of a person 14 years or older when in Aquatics Area. Children 10 years and under must be accompanied by a person 14 years or older at all times except during participation in youth programs.



## CHOICE HEALTH & FITNESS

4401 South 11th Street | Grand Forks, ND 58201  
[ChoiceHF.com](http://ChoiceHF.com) | [info@ChoiceHF.com](mailto:info@ChoiceHF.com)  
 ph: 701.746.2790



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**FITNESS**  
 Like You've  
 Never Seen!



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 HEALTH & FITNESS