

GYM SPORTS

GYMNASIUM AREA GENERAL INFO

Open Gym

The gymnasium is available for open shooting and pickup basketball games during the times that are not designated for programs. See the schedule on the back for more info.

Noon Basketball

Adult pickup basketball games are held during the noon hour on Monday, Wednesday and Friday. Sign up at the Customer Service Desk for one of the available spots. See the schedule on the back for more info.

BUMP, SET, SPIKE!

The Choice gymnasium has the space and equipment for 3 regulation sized volleyball courts. Try out one of our adult indoor leagues this fall and winter, or sign the kids up for Volleyball Academy.

Adult Volleyball

Please refer to individual session registration forms for specific dates & rates.

INDOOR VOLLEYBALL LEAGUES

Grab some friends & sign-up for a team. Registration forms are available at the Customer Service Desk.

SESSIONS: October - December | January - April

LEAGUE DAYS: Thursday or Sunday

DIVISIONS:

Coed 4's, Women's 6's, Coed 6's (A, B, C)

Youth Volleyball

Please refer to individual session registration forms for specific dates & rates.

VOLLEYBALL ACADEMY (Grades 4 - 8)

Designed to develop the basic skills of volleyball, utilizing skill development sessions with instructors.

SESSION: December - February

LESSON DAYS: Tuesday & Fridays

PLAY SOME HOOPS!

The Choice gymnasium features 2 regulation sized basketball courts. Work on your game this season in one of our adult basketball leagues or sign the kids up for Basketball Academy.

Adult Basketball

Please refer to individual session registration forms for specific dates & rates.

CITY LEAGUE BASKETBALL

Stay competitive and in game shape throughout the winter with City League basketball. Games are played at gymnasiums throughout Grand Forks. Referees and scorekeepers provided for length of league.

SESSION: November - March

GAME DAY: Wednesday

GAME TIMES: 6:30 pm | 7:40 pm | 8:50 pm

DIVISIONS: Open/Commercial | Rec I | Rec II
Women's Open | Women's Rec

Youth Basketball

Please refer to individual session registration forms for specific dates & rates.

BASKETBALL ACADEMY (Grades K - 12)

10-week program designed to teach youth the fundamentals of basketball through skill development sessions with our basketball instructors.

SESSIONS: September - November | December - February

Grades K - 1

Grades 2 - 3

Grades 4 - 5

Grades 6 - 8

Private Lessons (4 yrs. - adult)

We offer private basketball & volleyball lessons for every ability. To schedule a lesson, contact Sports & Recreation Manager, Lisa Rollefstad: lrollefstad@choicehf.com | 701.746.2790