

# RATES, SERVICES & GENERAL INFORMATION

## »»» INSPIRING GREATER COMMUNITY HEALTH & HAPPINESS



### MEMBERSHIP OPTIONS

(3-month minimum)

Membership Rates	Monthly (3-month minimum)	3-Month Total
Individual	\$63.00	\$189.00
Family* <small>(see description below)</small>	\$96.00	\$288.00
Single Parent Family	\$86.40	\$259.20
Youth <small>through age 18 or in High School</small>	\$35.00	\$105.00
Student*, Senior, or Military Individual	\$53.55	\$160.65
Senior Couple <small>age 60+</small>	\$76.80	\$230.40
Military Family	\$86.40	\$259.20

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 \$5.00 / visit \$55 / month	2 Children \$8.00 / visit \$55 / month	3+ Children \$10.00 / visit \$55 / month
Non-Member Options	1 Child \$7.50 / visit	2 Children \$11.00 / visit	3+ Children \$15.00 / visit

\*Monthly rates are only available with Choice Health & Fitness Family Memberships.

### GUEST PASS OPTIONS

(tax applied at purchase)

Guest Pass	Single Youth	Single Adult	Family
Guest Pass Options	1-Day / \$9 3-Day / \$18 7-Day / \$36	1-Day / \$13 3-Day / \$26 7-Day / \$46	1-Day / \$35 3-Day / \$70 7-Day / \$96

Childcare and Guest Pass rates at Choice Health & Fitness do not apply at the Altru Family YMCA.

\*3-day Guest Passes are good for 3 consecutive days.

\*7-day guest passes are good for 7 consecutive days.

\*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

### STAY CONNECTED

#### DOWNLOAD OUR MOBILE APP!

Search for Choice Health & Fitness in the App Store or Google Play Store!

- Load Membership Scan Card
- Receive Notifications on Programs / Events
- Check Exercise Class Schedules
- Register for Programs & Classes
- Purchase Tennis Drills
- Check Hours, Leave Feedback, & More!

### SHORT-TERM MEMBERSHIPS

Available - Please Ask Membership Staff for Details

### STAY AWHILE

#### FACILITY HOURS

M - TH 5:00 AM - 10:00 PM  
FRI 5:00 AM - 9:00 PM  
SAT 7:30 AM - 8:00 PM  
SUN 9:00 AM - 8:00 PM

SUMMER/HOLIDAY HOURS: Visit [ChoiceHF.com](http://ChoiceHF.com)

### CHILDCARE HOURS

#### HOURS SUBJECT TO CHANGE

M - TH 8:30 AM - 1:30 PM  
3:30 PM - 8:00 PM  
FRI 8:30 AM - 1:30 PM  
3:30 PM - 7:00 PM

SAT 8:00 AM - 1:00 PM  
SUN CLOSED

SUMMER/HOLIDAY HOURS: Visit [ChoiceHF.com](http://ChoiceHF.com)

### POOL HOURS

#### AVAILABLE ONLINE

Visit [ChoiceHF.com](http://ChoiceHF.com) for current pool hours & aquatics schedules

### LOCKERS

Daily Use	No Fee
Monthly <small>(bank draft)</small>	\$10.05

### MEMBERSHIP CARD REPLACEMENT

(tax applied at purchase)

Fee Per Card	\$5
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## 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
- ▶ Pickleball Courts: Limited Hours
- ▶ Run/Walk Track: 7 laps = 1 mile
- ▶ Personal Training Studio
- ▶ Group Exercise & Cycling Studios
- ▶ State-of-the-Art Fitness Equipment
- ▶ Free Wifi (Password: choiceguest)
- ▶ Childcare Area: Indoor Play Area, Arts, Crafts, & Active Play Time
- ▶ 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



# 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 6 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.

## YOUTH AGE GUIDELINES FOR FACILITY USE

Age	Aquatics	Cardio Areas / Equipment	Fitness Areas / Weight Machines	Free Weight Areas	Extreme Training Area	Group Exercise	Gymnasium	Track	Racquetball Courts	Tennis Courts Courtline fees apply
<b>Age 14 - 17</b>	Permitted in this area.	Must have youth wristband and be supervised by a person 14 years or older.	PERMITTED IN THESE AREAS.   *Only age 16 and older allowed in steam rooms.	NOT permitted in this area.	NOT permitted in this area.	NOT permitted in this area except for appropriate youth classes.	Permitted in this area.	Permitted in this area.	Permitted in this area.	Permitted in this area.
<b>Age 11 - 13</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 appropriate youth classes.	Permitted in this area.	Permitted in this area.	Permitted in this area.	Permitted in this area.
<b>Age 9 - 10</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 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 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. For their safety and the safety of others, children ages 5-8 must be within verbal and visual contact with the person providing supervision when on the track. Children ages 4 & under must be within reach of the person supervising them when on the track. Young children should not be on the track when it's busy, especially with joggers/runners.



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## 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

Choice Health & Fitness is proudly owned & operated by the GF Park District



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