



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.

Pickleball

The Choice gymnasium has space for three courts with nets available for open play on Monday, Wednesday, Thursday, & Friday from 5:00 - 9:00 am

Pickleball paddle rentals available at the Customer Service Desk \$4.00 + tax

Members No Charge

Non-members Guest Fee

BUMP, SET, SPIKE!

The Choice gymnasium has space and equipment for three 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 League

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

SESSIONS: October - December | January - March

LEAGUE DAYS: Thursday or Sunday

DIVISIONS:

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

Youth Volleyball Academy (Grades 4 - 8)

Designed to develop the necessary skills of volleyball, utilizing skill development sessions with instructor.

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.

Noon Basketball

Adult pickup basketball games are at 12:00 pm 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.

Adult 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 the length of the league.

Returning January 2025

Youth Basketball Academy (Grades K - 8)

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

Grades K - 1

Grades 4 - 5

Grades 2 - 3

Grades 6 - 8

Basketball Skill Development (Grades 3 - 7)

Level up your game! Our Skill Development Programs are designed for young athletes with previous basketball experience and will offer more in-depth basketball training for players looking to move beyond the basics

Private Lessons (5 yrs. - adult)

We offer private basketball lessons for every ability. To schedule a lesson, contact Sports & Recreation Coordinator, **Tony Peterson** | sports@choicehf.com | 701.746.2790

