

RATES, SERVICES & GENERAL INFORMATION

INSPIRING GREATER COMMUNITY HEALTH & HAPPINESS

MEMBERSHIP OPTIONS (3-month minimum)

Membership Rates	Monthly 3-month minimum	3-Month Total
Individual	\$58	\$174
*Family see description below	\$82	\$246
Single Parent Family	\$73.80	\$221.40
Youth thru age 18 or in High School	\$25	\$75
Student*, Senior or Military Individual	\$49.30	\$147.90
Senior Couple age 60+	\$65.60	\$196.80
Military Family	\$73.80	\$221.40

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)

Single Youth	Single Adult	Family
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. Guests accompanied by a member will receive a 25% discount. To receive member guest pass rates, member must be present when pass is purchased.
*Identification will be required for guests 15 years & older.

CHOICE
HEALTH & FITNESS

LET'S CHAT

Online: www.Choicehf.com
Email: 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)	\$10.05

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

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

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.

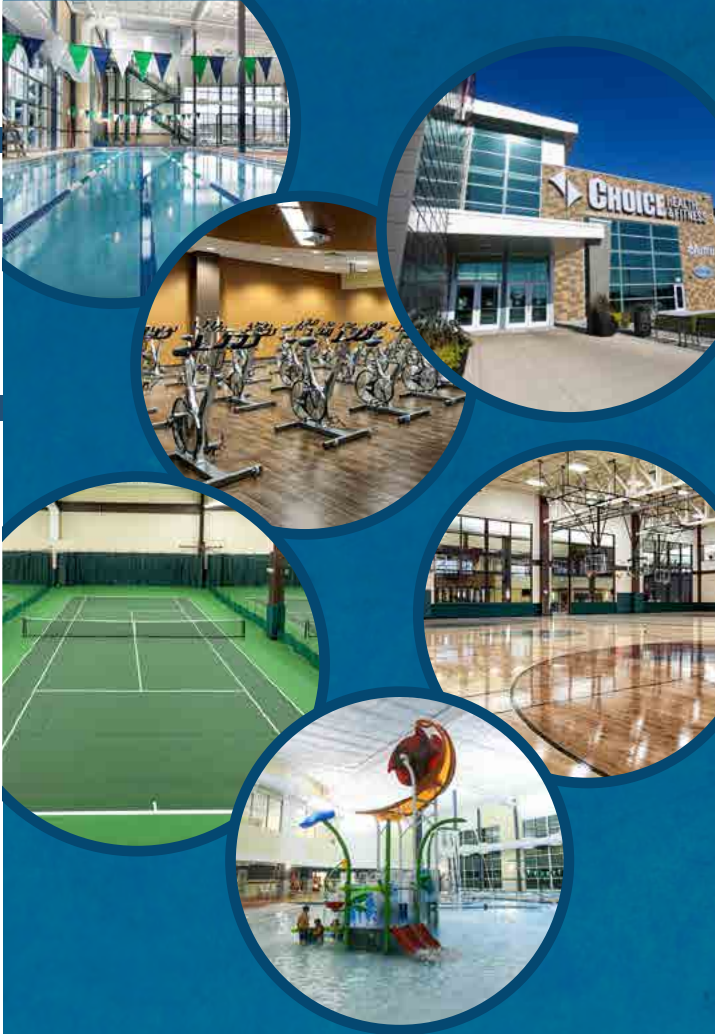
Ages 14-17: Have a youth fitness release form signed by parent/guardian on file. Complete details available on-site or online at Choicehf.com

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 Court time fees apply
Age 14 - 17	PERMITTED IN THESE AREAS. *Only age 16 and older allowed in steam rooms.									
Age 11 - 13	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.
Age 9 - 10	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.
Age 8 & Under	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 participatory youth programs.										

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CHOICE HEALTH & FITNESS

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4401 South 11th Street | Grand Forks, ND 58201

ChoiceHF.com | info@ChoiceHF.com

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Naming rights for Choice Health & Fitness provided by Choice Financial Group.

FITNESS
*Like You've
Never Seen!*



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