

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 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.

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

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

Indoor 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

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

Volleyball Academy (Grades 4 - 8)

Designed to develop the necessary skills of volleyball, uti-

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 the length of the 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)

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

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



GYMNASIUM SCHEDULE

Fall 2019 | Effective through Nov.
This schedule is subject to change
due to programs or special events.



	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
	Court 1	Court 2	Court 1	Court 2	Court 1	Court 2	Court 1	Court 2	Court 1	Court 2	Court 1	Court 2	Court 1	Court 2
5:00 am		2 - Court Open Gym 5:00 am - 12:00 pm		2 - Court Open Gym 5:00 am - 3:30 pm		2 - Court Open Gym 5:00 am - 12:00 pm		2 - Court Open Gym 5:00 am - 3:30 pm		2 - Court Open Gym 5:00 am - 12:00 pm	Closed		Closed	
6:00 am														
7:00 am														
8:00 am											2-Court Open Gym 7:30-8:00am Open Gym 8:00-1:00pm		2-Court Open Gym 7:30 am - 3:30 pm	
9:00 am														
10:00 am												Choice Basketball Academy 8:00 am - 12:00 pm Sept. 4 - Nov. 19		
11:00 am														
12:00 pm	Open Gym 12:00-1:00pm	Noon Bball 12:00-1:00pm			Open Gym 12:00-1:00pm	Noon Bball 12:00-1:00pm			Open Gym 12:00-1:00pm	Noon Bball 12:00-1:00pm	2 - Court Open Gym 12:00 - 9:00 pm			
1:00 pm		2 - Court Open Gym 1:00 - 3:30 pm				2 - Court Open Gym 1:00 - 3:30 pm				2 - Court Open Gym 1:00 - 3:15 pm				
2:00 pm														
3:00 pm														
4:00 pm	Open Gym 3:30-5:30pm	Choice Basketball Academy 3:30-5:30 pm Sept. 4 - Nov. 19		Open Gym 3:30-11:00pm		Open Gym 3:30-11:00pm	Choice Basketball Academy 3:30-5:30 pm Sept. 4 - Nov. 19		Open Gym 3:30-5:45pm	Choice Basketball Academy 3:30-4:30 pm Sept. 4 - Nov. 19	Open Gym 3:15-9:00pm	Choice Volleyball Academy 3:15-5:45		
5:00 pm														
6:00 pm		2 - Court Open Gym 5:30 - 11:00 pm		Choice Volleyball Academy 5:30-8:00		2 - Court Open Gym 5:30 - 11:00 pm								
7:00 pm														
8:00 pm														
9:00 pm														
10:00 pm														

*Full court pickup games may be played during open gym hours only if no other members are using a part of that court. Maximum of 1 full court game allowed in the gym at a time.
If there are more than 20 people shooting on one half of the gym, full court pickup games may be asked to go sideways to create more gym space for other members.