

# GYMNASIUM SCHEDULE


Fall 2023 | Effective through December

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											Closed		Closed					
6:00 am	Open Pickleball 6:00a-11:00a				Open Pickleball 6:00a-11:00a		Open Pickleball 6:00a-11:00a	Open Pickleball 6:00a-11:00a	Open Pickleball 6:00a-11:00a									
7:00 am																		
8:00 am																Choice Basketball Academy 8:00 am - 11:00 am Dec-Feb.		
9:00 am																		
10:00 am																		
11:00 am																		
12:00 pm	Noon Bball 12:00-1:00pm				Noon Bball 12:00-1:00p				Noon Bball 12:00-1:00pm									
1:00 pm																		
2:00 pm																		
3:00 pm		Choice Basketball Academy 3:30-5:30 pm Dec-Feb.		Choice Volleyball Academy 3:30-5:30 pm Dec-Feb..		Choice Basketball Academy 3:30-5:30 pm Dec.-Feb		Choice Volleyball Academy 3:30-6:00 pm Dec-Feb.					Adult Indoor Volleyball League 2:00pm - 8:00 pm Oct-Dec 10th					
4:00 pm																		
5:00 pm																		
6:00 pm				Basketball Skills Clinic 6:00-7:30pm January			Adult Indoor Volleyball League 6:00pm - 10:00pm Oct-Dec 14th											
7:00 pm																		
8:00 pm												Closed		Closed				
9:00 pm									Closed									
10:00 pm	Closed		Closed		Closed		Closed											

- During Open Pickleball rotate after each game if players are waiting
- No Full Court pick up basketball games allowed if gym is crowded

 Court/Courts are OPEN

 Court/Courts CLOSED for Choice H&F Activities

# GYM SPORTS

## GYMNASIUM AREA GENERAL INFO

### 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.

#### 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:** January 2023 - March 2023

**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 2 - 3

Grades 4 - 5

Grades 6 - 8

#### Private Lessons (5 yrs. - adult)

We offer private basketball & volleyball lessons for every ability.

To schedule a lesson, contact Sports & Recreation Manager,

Tony Peterson | [tpeterson@choicehf.com](mailto:tpeterson@choicehf.com) | 701.787.3496

### 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.

#### Adult Basketball

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

#### 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, utilizing skill development sessions with instructors.



**CHOICE** HEALTH  
& FITNESS