



*Family*wellness

SUMMER 2026

PROGRAM GUIDE

JUNE - AUGUST

TABLE OF CONTENTS

About Family Wellness

Facility Info3

Youth Programs

Childcare Programs4

Youth Programs5

Healthy Cooking

Healthy Cooking Classes - Adult & Kids Programs6

Aquatics

Safety Education7

Swim School7

Personal Training

Personal Training Services 8, 9

Adult Leagues9

Adult Programs

Group Fitness Programs10

Facility Information

Rentals & Parties11

Registration

Register for any of our summer 2026 program offerings starting April 20 for members or April 27 for non-members.

Register at www.familywellnessfargo.org, at the Front Desk or call 701-234-2400.

All programs and events are subject to change

FACILITY INFO

About Family Wellness

Family Wellness is a nonprofit organization whose mission is to *inspire healthy lifestyles by connecting people in a fun environment.*

- We develop and implement programs to enhance the healthy lifestyles of children and families.
- We use exercise as a powerful medicine to improve the health of people in our community.
- We maintain our facility as a premier place for activity and learning to inspire healthy lifestyles.

Partnership for Community

This 80,000 square foot fitness and wellness facility was built by a partnership between Sanford Health and the YMCA of the Northern Sky. Family Wellness combines the values of the region's most recognized family fitness organization with the region's largest health care system. Together, these organizations share the gift of wellness. Family Wellness offers the resources to inspire the best in each of us and a place to share our experiences with others.

Nonprofit Efforts

Since our establishment in 2011, Family Wellness has been dedicated to raising funds to empower individuals of all ages and backgrounds to embrace healthy lifestyles and foster togetherness through our innovative programs and supportive community, creating a lasting and transformative impact. You can improve lives in our community with a gift to Family Wellness. Join us in sparking change and building a stronger, healthier community - your support truly makes a difference!

Your membership can have a mission - become a Mission Member! For just a \$10 donation per month, added to your regular membership fee, you can combine your personal wellness goals with meaningful community impact. This program makes it easy for members to support our nonprofit initiatives by giving monthly. Be a part of something bigger - enroll at the front desk today!

Facility Hours

Monday - Friday	5:00AM - 10:00PM
Saturday	6:00AM - 8:00PM
Sunday	8:00AM - 8:00PM
*Aquatics closes 30 minutes prior to the facility closing.	

Childcare Hours

Monday - Thursday	8:00AM - 7:00PM
Friday	8:00AM - 3:00PM
Saturday & Sunday	8:30AM - 12:30PM

Membership Rates

Membership Type	Monthly Rate	Annual Prepay (card)	Annual Prepay (check)
Individual	\$65	\$780	\$740
Individual with Childcare	\$100	N/A	N/A
Dual	\$90	\$1080	\$1015
Family Household	\$107	\$1,284	\$1,215
Family/Household with Childcare	\$142	N/A	N/A
Senior Individual	\$59	\$708	\$665
Senior Dual	\$70	\$840	\$789
Student Membership	Quarterly membership for \$135 (\$45/month)		

Please visit familywellnessfargo.org for the most up-to-date facility guidelines and announcements.



CHILDCARE PROGRAMS

Drop In Childcare

Drop In Childcare is available for members and non-members ages 2 weeks through 9 years old while a parent/guardian is in the building. With an indoor play structure, an outdoor play structure (weather permitting) and a screen-free zone (no TV, movies or video games) it is all about play and activity! A childcare visit or a membership with childcare must be purchased at the front desk prior to entering the childcare area.

Reservation Childcare

Need to get stuff done? Drop off your kids in the Family Wellness Childcare for some time without your little helpers! The purpose of Family Wellness' Reservation Care is to provide your children with a safe and fun environment where they can engage in interactive and imaginary play while under close supervision of the Childcare staff! Reservation Care is offered Monday - Thursday from 8:00AM - 7:00PM and Fridays 8:00AM - 3:00PM. Cost is \$10/ hour for members and \$15/ hour for non-members and is for a maximum duration of 4 hours (prices are per family). Only one drop-off time is allowed per family, per day. If you have any additional questions, feel free to call our Childcare Team at 701.234.5948.

Childcare Events

Parent's Night Out

Fridays | June 5, July 10, August 7 | 4:45 - 7:45PM

Need a night out? Drop your children off at Family Wellness for a date night or just a night to yourself! Pre-registration is required and space is limited. Sign up by noon the Thursday prior to the event. Parent's Night Out is located in Childcare at Family Wellness for ages 2 weeks to 9 years. Bring your own diapers and nut free snacks.

\$15 members | \$20 non-members

Child Developmental Screenings

Thursdays | June 18, July 16, August 20 | 8:30 - 10:30AM

Pediatric Therapy Partners will be providing free child developmental screenings at Family Wellness! The first years of your child's life are important and filled with many developmental milestones. This opportunity will help identify any concerns and can connect your family with tools and resources that may benefit your child. Results can be provided confidentially in-person or over the phone by Pediatric Therapy Partners.

Free for members and non-members | Registration is required

Scan QR code for more detailed information on childcare programs!

2960 Seter Parkway, Fargo ND 58104 | 701.234.2400 | www.familywellnessfargo.org



YOUTH PROGRAMS

Youth Sports Programs

Sports Samplers

Tiny Titans (ages 3-5) Mondays, June 1 - 22 | 5:00 - 5:35PM · \$30 members | \$45 non-members

Active Explorers (ages 6-8) Mondays, June 1 - 22 | 5:45 - 6:25PM · \$33 members | \$48 non-members

This fun, 4-day session is perfect for young athletes who are ready to learn or build on the basics of basketball, T-ball, football, and soccer. With warm-ups, skill stations, and team/group-based games, kids will strengthen their techniques, improve coordination, and continue developing teamwork and listening skills. It's an active and encouraging environment for kids who are ready for the next step in their sports journey!

Intro To Tumbling

Mondays | June 6 - 27 | Ages 3-5 · 5:15 - 5:45PM | Ages 6-8 · 6:00 - 6:30PM

Get ready to roll, jump, and tumble! This playful introductory class is designed just for little movers ages 3-5. Kids will explore basic gymnastics movements like forward rolls, balances, and jumps in a fun, supportive environment. Through imaginative games and obstacle courses, they'll build coordination, confidence, and body awareness - all while having a blast!

\$30 members | \$45 non-members

Football X's & O's

Monday - Thursday | July 13 - 16 | 5:30 - 7:30PM | Ages 10-15

Get ready for the season with Football X's & O's, the perfect prep for athletes entering tackle football. Led by local high school football coaches, this class focuses on building football IQ through positions, plays, and real-game concepts, then bringing it to life with on-field drills and games. Just bring something to move in and a water bottle, everything else you need to step onto the field with confidence this season will be covered.

\$35 members | \$50 non-members

Youth Football Skills & Drills

Tuesdays | July 7 - 28 | Ages 3-5 · 5:15 - 5:45PM | Ages 6-8 · 6:00 - 6:35PM

Run, catch, and score! This beginner-friendly class introduces kids to the basics of flag football through fun games and simple drills. Participants will focus on fundamental skills like passing, catching, and running while building coordination, confidence, and a love for the game.

\$30 members | \$45 non-members

Youth Soccer Skills & Drills

Mondays | August 3 - 24 | Ages 3-5 · 5:00 - 5:35PM | Ages 6-8 · 5:45 - 6:25PM

This class helps young players build fundamental soccer skills in a fun, supportive environment. Participants will practice dribbling, passing, shooting, and basic game strategies through engaging drills and small-sided games. Kids will develop coordination, confidence, and teamwork while enjoying the excitement of soccer.

\$30 members | \$45 non-members

Youth Volleyball Skills & Drills

Tuesdays | June 2 - 23 | Ages 5-7 · 5:15 - 6:00PM | Ages 8-10 · 6:15 - 7:00PM

This fun, active class introduces players to the basics of volleyball, including passing, setting, and serving. Through easy-to-follow drills and team games, participants will build coordination, teamwork, and confidence on the court.

\$35 members | \$50 non-members

Youth Basketball Skills & Drills

Tuesdays | August 4 - 25 | Ages 5-7 · 5:15 - 6:00PM | Ages 8-10 · 6:15 - 7:00PM

Bounce, dribble, and shoot! This beginner-friendly class introduces young players to the basics of basketball through fun games and simple drills. Participants will learn fundamental skills like dribbling, passing, and shooting while building coordination, teamwork, and confidence on the court. No experience needed - just bring energy and a positive attitude!

\$35 members | \$50 non-members

Jump & Play

June 17, August 20 | Ages 3-6 | 5:05 - 5:35PM

Come jump with us! There will be a bounce house set up in the gym as well as other activities such as obstacle courses, basketballs, scooters, and hula hoops for your children to come and get their wiggles out!

FREE for members | \$15 non-members

Scan QR code for more detailed information on youth programs!



HEALTHY COOKING

Family Wellness is proud to offer a variety of classes and programs that teach simple kitchen skills for healthy food preparation. With classes for kids AND adults, we've got something sure to inspire you to make healthier food choices for you and your family! **All classes are \$15 for members and \$25 for non-members.**

Adult Healthy Cooking Classes

Global Cooking Series

June 8, July 13, August 10 | 5:30 - 7:30PM | Ages 16+

Explore different global flavors from around the world in this exciting culinary experience. Includes recipes from Europe, Asia, and Africa.

Handmade Pasta & Sauce

Tuesday, June 2 | 5:30 - 7:30PM | Ages 16+

Join us as we make fresh pasta, spinach pesto, and homemade tomato sauce.

Summer Pasta Salads

Thursday, June 11 | 5:30 - 7:30PM | Ages 16+

Celebrate fresh flavors of the season in this beginner-friendly summer pasta salad class!

Healthy BBQ Staples

Tuesday, July 14 | 5:30 - 7:30PM | Ages 16+

We'll make homemade baked beans that are easy and delicious and a roasted corn and grilled halloumi salad.

Turkey Burgers

Tuesday, July 21 | 5:30 - 7:30PM | Ages 16+

Join us for turkey smash burgers with a homemade sauce, all the toppings, and oven-roasted fries with fresh herbs.

30 minute Meals

Tuesday, August 4 | 5:30 - 7:30PM | Ages 16+

Life is busy, so some nights you need recipes you can make in a hurry.

Garden Favorites

Friday, August 14 | 5:30 - 7:30PM | Ages 16+

This class blends hands-on cooking with helpful tips to turn homegrown veggies into flavorful, satisfying dishes.

Sourdough Basics

Tuesday, August 18 | 5:30 - 7:30PM | Ages 16+

Taste homemade sourdough, get a demo on mixing up a loaf, and take home your own starter!

Open Cooking Demonstrations

Blue Zone Meals

Wednesday, June 24 | 10:00 - 11:45AM | All Ages

Join us for this demonstration on cooking for longevity. Blue Zones are parts of the world where people live longer than average. During this class, we'll make homemade hummus and pita bread made from whole wheat flour, and a roasted beet salad with toasted walnuts, farro, and feta cheese.

Free for members and non-members

Summer Flatbreads

Wednesday, July 29 | 10:00 - 11:45AM | All Ages

During this cooking demonstration, we'll make potato flat breads topped with apricot barbeque sauce, caramelized red onions, Havarti cheese, and pulled chicken.

Free for members and non-members

Intro To Italian

Wednesday, August 26 | 10:00 - 11:45AM | All Ages

Join us for this cooking demonstration where we'll make hand-rolled semolina pasta and a blush sauce with fresh tomatoes.

Free for members and non-members

Kids Healthy Cooking Classes

Smoothie Bowls

Tuesday, June 23 | 5:30 - 6:45PM | Ages 7-15

In this hands-on class, young chefs will learn how to make a refreshing strawberry banana smoothie bowl from scratch, then decorate it with fun and tasty toppings.

DIY Pizza

Thursday, June 25 | 5:30 - 6:45PM | Ages 7-15

Get ready to build your own perfect pizza! In this hands-on class, young chefs will create delicious personal pizzas while exploring fun toppings and learning kitchen basics.

Fruit Pizza

Thursday, July 16 | 5:30 - 6:45PM | Ages 7-15

In this hands on class, young chefs will create their own delicious fruit pizza from scratch starting by creating a cookie-style crust and decorating their pizza with a rainbow of fresh fruits.

Banana Bread

Thursday, July 30 | 5:30 - 6:45PM | Ages 7-15

Young chefs will learn how to make banana bread from scratch while building confidence in the kitchen. Best of all, they'll get to enjoy a tasty slice of their homemade treat at the end!

After School Snacks

Thursday, August 6 | 5:30 - 6:45PM | Ages 7-15

Whip up tasty treats perfect for after a busy day! In this fun, beginner-friendly class, kids will make easy and delicious snacks they can recreate at home. They'll get to sample their creations and leave with new ideas for satisfying afterschool bites!

Power Ninja Bars

Thursday, August 20 | 5:30 - 6:45PM | Ages 7-15

Get ready to fuel up like a ninja! In this interactive and exciting cooking class, young chef's will make their own no-bake Power Ninja Bars using simple, wholesome ingredients.

Scan QR code for more detailed information on healthy cooking classes!





Family Wellness Swim School

We take pride in our exciting water-safe program, where each child progresses at their own pace. Through positive reinforcement, practice and patience, students learn water-safe swimming skills while having fun. Lessons are offered for everyone ages 6 months through adulthood.

Classes are structured by age and ability to accommodate varying skill levels within each age group. Student to teacher ratios are 4:1 except for Parent/Baby and Parent/Child classes which are 6:1. Our goal is to teach your child in a fun and safe environment that builds confidence, self-esteem and a feeling of accomplishment.

Summer Swim School Schedule

Cost for summer lessons is **\$60 for members** and **\$120 for non-members**. All summer classes are 30 minutes long. Check www.familywellnessfargo.org/swim-school for up-to-date detailed class offering information.

Swim Team Camp

July 27 - 31 | Monday - Thursday 1:30 - 3:30PM, Friday 1:30 - 4:30PM

August 10 - 14 | Monday - Thursday 1:30 - 3:30PM, Friday 1:30 - 4:30PM

This is a one-week competitive swimming camp that lets beginners dip their toes into competitive swimming and learn the ropes. This program is also a great option for swimmers in their first few years of competitive swimming who want to master the basics of dry-land training and all four strokes.

\$75 members | \$150 non-members

Session Dates:

Evening Session 1: 1 night/week for 5 weeks

- Mondays 4:30 - 6:00PM | June 1 - June 29
- Tuesdays 4:30 - 7:00PM | May 26 - June 23
- Thursdays 4:30 - 7:00PM | May 28 - June 25

Evening Session 2: 1 night/week for 5 weeks

- Mondays 4:30 - 6:00PM | July 6 - Aug 3
- Tuesdays 4:30 - 7:00PM | July 7 - Aug 4
- Thursdays 4:30 - 7:00PM | July 9 - Aug 6

Day Sessions: 5 days a week | 9:00 - 10:30AM

- Session A | June 1 - 5
- Session B | June 8 - 12
- Session C | June 15 - 19
- Session D | June 22 - 26
- Session E | July 6 - 10
- Session F | July 13 - 17
- Session G | July 20 - 24
- Session H | July 27 - 31
- Session I | Aug 3 - 7

Safety Education

Red Cross CPR/First Aid/AED Combo Class

Thursdays | June 18, July 9, August 13 | 6:00 - 8:00PM | Ages 15+

This is a blended learning class with some coursework completed online in advance.

This course will prepare you to recognize and care for a variety of first aid, breathing, and cardiac emergencies involving infants, children, and adults. Topics include how to recognize and manage an emergency situation, basic first aid, standard emergency care procedures and administration, CPR, AED, and more. After completion of this class, you will be certified for two years in Red Cross CPR, AED, and First Aid for adults, children, and infants.

\$65 members | \$105 non-members | registration deadline is 7 days prior

Babysitter Training

Saturdays | June 27, July 18, August 22 | 8:00AM - 4:00PM | Ages 11+

Start your babysitting business on the right foot and learn how to be a safe, professional and reliable sitter. Included in the course is American Red Cross First Aid and CPR Certification that is valid for two years. This course will teach you to be safe on the job, how to recognize an emergency and how to handle it as well. Lunch is included and will be cooked by each participant in the class with the guidance of an instructor.

\$85 members | \$115 non-members | registration deadline is 7 days prior

Questions? Please contact Aquatics Department at Aquatics-FamWellness@SanfordHealth.org to arrange private, semi-private or specialized lessons.





PERSONAL TRAINING

Personal Training Services

One-on-One Training

One-on-One Training Each session is customized to your fitness level and goals, blending strength, cardio, and mobility work for a balanced, effective workout. You'll get focused guidance, motivation and support to help you move better, feel stronger and see real results. Can be scheduled in 30, 45, or 1-hour sessions.

Price varies based on session length | Ages 18+

Partner Training

Work out together and stay motivated! Partner Training combines fun, teamwork, and personalized coaching so you and your workout buddy can challenge each other, reach your goals, and celebrate your progress - side by side. Can be scheduled in 30 or 45 minute sessions

Price varies based on session length | Ages 18+

Program Design

Get a personalized workout plan built just for you! Based on your goals, fitness level, and lifestyle, we'll create a program that's effective, enjoyable, and easy to follow, helping you stay consistent and see real results.

\$80 members | \$100 non-members | Ages 18+

Youth Healthy Lifestyles

1 on 1 training teaching the fundamentals of exercise and ways to make it fun and enjoyable for kids ages 8-14. Includes one healthy cooking class as well as a parent questions and answer on youth fitness. Kids will also be provided a packet of ways to stay active and healthy after the program. Price is for 8 sessions

\$140 members | \$200 non-members | Ages 18+

Consultation

Start your journey with a clear plan! In this session, we'll discuss your goals, fitness background, and lifestyle to create a personalized path toward success. It's the perfect first step to set goals, stay motivated, and feel confident moving forward.

FREE for members and non-members | Ages 18+

Fitness Orientation

Get comfortable and confident in the gym! During this session, you'll learn how to use the equipment safely, understand proper form, and explore workout options that fit your goals. It's the perfect way to start your fitness journey on the right foot

FREE for members and non-members | Ages 18+

Youth Fitness Orientation

Youth Fitness Orientation for youth 12-14 who want to access cardio and designated fitness equipment without supervision. Participants will learn how to use equipment safely as well as gym etiquette.

FREE for members and non-members | Ages 8 - 17

InBody Scan

Sign up for at your convenience | 15-minute session The InBody Scan measures body composition by giving a breakdown in muscle mass, body fat, and water weight. Sign up for an assessment at the front desk!

\$10 members | \$20 non-members | Ages 18+

Scan QR code for more detailed information and personal training rates!





PERSONAL TRAINING

Personal Training Services

Wellness Coaching

Our Wellness Coaching Program is a personalized, whole-person approach to health that supports individuals in building sustainable habits around movement, nutrition, stress management, and overall well-being. Rather than focusing on quick fixes, this program helps participants create realistic routines that align with their lifestyle and goals.

\$45 members | \$90 non-members | Ages 18+

Wellness Coaching Consult

A comprehensive initial assessment designed to evaluate lifestyle habits, stress levels, sleep patterns, and nutrition. Includes goal setting and readiness evaluation to better understand each client's starting point. This session results in a personalized wellness plan outline and is required for all new wellness coaching clients.

\$75 members | \$100 non-members | Ages 18+

NeuroFit

Designed to help those with neurological conditions increase their fitness and improve quality of life. The class is centered around Parkinson's Disease, but is also helpful for other conditions, such as MS or brain traumas that have led to some physical impairment.

FREE for members and non-members

Neuro Wellness - LSVT Big for Life

Neuro Wellness is a class designed to provide exercise services for individuals with Parkinson's Disease (PD). The class is conducted by a licensed Occupational Therapist, Dr. Abs Njai, who has undergone training and certifications to provide LSVT-Big classes at Family Wellness.

FREE for members and non-members

Sanford Physical Therapy Screening

Family Wellness is partnering with Sanford Physical Therapy to bring screenings to our members! The therapist will give you guidance on next steps to improve your ability to move well. Limited individual 15-minute time slots.

FREE for members and non-members

Brain Health Program

A structured brain health class designed to improve cognitive performance, mental clarity, and resilience. This program uses targeted training strategies to strengthen focus, support memory, and enhance daily functioning.

\$12 members | \$20 non-members

Training For Seniors

An opportunity for older individuals to train in a group setting that focuses on mobility, flexibility, and balance to assist in feeling better and staying healthy.

\$60 members | \$110 non-members

Welcome FITStart

Welcome FITStart Kick off your fitness journey with confidence! Fit Start Training helps you learn the basics, build good habits, and create a solid foundation for success.

3/30-minute training sessions for \$70

Youth Athletic Performance

This program will help kids ages 10-15 years old become a more efficient mover that includes better mobility, stability and flexibility which will help reduce injuries and increase performance.

\$60 members | \$110 non-members

Adult Leagues

Pickleball League

Wednesdays | June 10 - July 29 | 8:30 - 10:30AM

No need to find a partner as each week you will be paired with other individuals with similar skill level. You will play with a different partner each game based on individual results. Ages 18+

\$16/person members | \$36/person non-members

1v1 Basketball League

Wednesdays | July 22 - August 26 | 7:00 - 9:30PM

Put your skills to the test every Wednesday night in our competitive 1v1 basketball league. Players will face off in head-to-head matchups, earning points for each win throughout the season.

Scan QR code for more detailed information and personal training rates!





Familywellness

GROUP FITNESS

Group Fitness Programs

Trauma Yoga & Resilience Workshop

Saturday, June 20 | 12:30 - 2:30PM | Ages 15+

Trauma & Resilience Yoga is a specialized practice that recognizes how stress and trauma can be stored in the body.

\$25 members | \$35 non-members

Yoga For Men

Sunday, June 21 | 10:00 - 11:15AM | Ages 15+

Built with men in mind, this class targets common areas of tightness such as hips, hamstrings, shoulders, and lower back.

\$25 members | \$35 non-members

Vinyasa Yoga Flow

Sunday, June 21 | 4:00 - 5:15PM | Ages 15+

Vinyasa Flow is a practice where postures or asanas are connected through the breath for a transformative and balancing effect. Class builds heat, endurance, flexibility, strength.

Free for members | Day pass for non-members

MELT Total Body Strength

Saturday, August 15 | 12:30 - 2:30PM | Ages 15+

Reconnect with your body using Body Sense and Identity common imbalances. Follow up with techniques to rebalance the stabilizing muscles.

\$40 members | \$50 non-members

MELT Method & YOGA

Saturday, July 18 | 12:30 - 2:30PM | Ages 15+

Take your yoga practice to the next level by incorporating the MELT Method to boost your body's ability to heal your nervous system, improve alignment, rehydrate the connective tissue & restore space to your joints.

\$40 members | \$50 non-members

MELT for All Swing Sports

Saturday, June 6 | 12:30 - 2:00PM | Ages 15+

Join us in learning MELT moves to warm up your spine, shoulders, wrists, and hips. Use these techniques after your game to decompress & restore fluids to connective tissue which will help relieve pain and stiffness from repetitive movements.

\$35 members | \$45 non-members

BODYPUMP® Launch #137

Saturday, August 8 | 7:45 - 8:45AM | Ages 15+

Get ready to turn up the energy and experience the latest release of BodyPump! Launch #137 delivers a powerful, full-body strength workout set to motivating music and expertly designed choreography.

Free for members | Day pass for non-members

Vinyasa & Vino

Tuesday, June 23 | 5:30 - 8:00PM | Ages 15+

Join us for an evening @ Bear Creek Winery for yoga and wine tasting!

\$65 members | \$70 non-members

Meow-Maste Workshop

TBD | Ages 15+

Half of the proceeds will go to the shelter along with an option to also bring a supply for the shelter

\$30 members | \$40 non-members

Puppy Pilates

TBD | Ages 15+

Half of the proceeds will go to the shelter along with an option to also bring a supply for the shelter

\$30 members | \$40 non-members

Scan QR code for more detailed information on group fitness programs!





RENTALS & PARTIES

Now offering Pool Party Rentals!

Family Wellness is a great place to celebrate - make a splash at your next party! Now offering Pool Party Rentals at select times on Friday evenings, Saturdays and Sundays. Perfect for birthdays, team parties or family fun. Includes access to our pools and private rental of the Multipurpose Room.

Rental Hours

- **Friday:** 6:30 - 8:30PM
- **Saturday:** 1:00 - 3:00PM or 4:00 - 6:00PM
- **Sunday:** 9:00 - 11:00AM or 3:00 - 5:00PM

Rental Details

- **Fee: \$150 members | \$190 non-members**
- Pool birthday parties are two hours, consisting of 1 hour in the pool and 1 hour in the party room (you have access to the room for the full two hours). Includes 1 private lap lane.
- The pool area remains available to members.
- Rental fee covers up to 10 children in the pool with 2-3 adults supervising in the pool area for each party. (*\$5 per additional child - max capacity for the room is 35 people*).
- Food and refreshments are welcome in the party room only, no food or beverage in the pool area is allowed.
- Music can be played from a personal speaker/audio device, but must be kept at a reasonable volume. (*No live music/ bands allowed*).
- Decorations are welcome, please no confetti, glitter, tacks, or harsh tape.
- Tables and seating for up to 16 people is provided.
- Family Wellness is a smoke free and alcohol free facility.
- Rental requests can be submitted up to 3 months before rental date.

Scan QR code for more detailed information and to reserve your Pool Party!



Follow us on social media for the latest facility updates!



@familywellnessfargo

2960 Seter Parkway Fargo, ND 58104
701-234-2400 | familywellnessfargo.org



Familywellness
A PARTNERSHIP BETWEEN SANFORD HEALTH AND SERVICES