

ALTRU FAMILY YMCA
www.gfymca.org
2014 Spring / Summer
Program Guide

Serving You &
Your Family
Since 1886

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



Your Membership at the Altru Family YMCA Includes:

- **Fitness Center Features:** • **CARDIO** - Most machines are equipped with personal television/viewing consoles! 10 Precor Elliptical Trainers; 3 Precor Recumbent Bikes; 2 NuStep Seated Cross Trainers; 2 Matrix Steppers; 1 Matrix Climb Mill; 1 Stairmaster Step Mill; 3 Precor Upright Bikes; 8 Matrix Treadmills; 3 Precor AMT Ellipticals; 2 Octane Ellipticals with Cross Circuit; 2 Concept 1 Rowers; 3 Matrix Krankcycles; 2 Octane X-Rider Seated Ellipticals; 2 Cybex ARC Trainers; 2 LifeFitness Cross Trainers.
- **STRENGTH** - 2 Hammer Strength Power Racks and Platforms with Power Pivot and Multi Handle Pull Up Bars; Hammer Strength Incline and Decline Olympic Benches, Glute/Ham machine and Leg Press; 2 Samson Olympic Competition Flat Benches; Paramount Cable Crossover with 5 Stations and Multi Handle, Pull Up Bar; Precor Training Benches and Adjustable Decline Bench; Precor AB-X Bench; Precor Stretch, Trainer; Troy Solid Urethane Dumbbells and Racks; Complete Line of Olympic Weight Plates and Bumper, Plates; and a few of our old favorites such as the Paramount Smith Machine; Decline Ab Bench; Back, Extension; Roman Chair; Shoulder Press; Hack Squat; and more!
- Fitness Classes, YMCA Group Cycling Classes, Adult Lap Swimming, Water Exercise, Banked Running Track, Recreational and Family Swimming, Noon Basketball and Volleyball, Racquetball, Handball, Walleyball, Kids Cove-Indoor Playground for 2-8 years
- Use of Lobby and Lounge Area with Free Wi-Fi, Free Drop of Child Care while you work out
- **Use of Choice Health & Fitness (Full member privileges)**

MEMBERSHIP

Membership Fees Bank Draft 3-Months

Youth (7 years - High School) \$20.00 \$60.00

College/Military/Senior \$45.00 \$135.00

Adult \$53.00 \$159.00

Family \$73.00 \$219.00

Military Family \$65.00 \$195.00

One Parent Family \$68.00 \$204.00

Senior Couple \$57.00 \$171.00

Building Hours (May 1-September 30)

Monday - Thursday 5:30 am - 10:00 pm

Friday 5:30 am - 9:00 pm

Saturday 7:00 am - 6:00 pm

Sunday 11:00 am - 6:00pm

Daily Fees

Youth (7 - 17Years) \$5.00

Adult \$10.00

Family \$15.00

Open/Family Swim

Mon - Fri 2:00 pm - 3:25 pm

Mon - Wed - Fri 7:00 pm - 8:30 pm

Sat - Sun 2:00 pm - 5:00 pm

Lap Swim

Monday - Friday 6:00 - 8:30 am, 11:30 am - 1:30 pm

Mon - Wed - Fri 6:00 - 7:00 pm

Saturday 7:00 - 9:00 am, 12:00 pm - 1:30 pm

Sunday 11:00 am - 1:30 pm

Open Gym

Monday - Friday 6:00 am - 12:00 pm, 2:00 pm - Close

Saturday - Sunday Open - Close

Playhouse Drop-In Care

Monday - Friday 8:15 am - 1:30 pm

Monday - Thursday 4:15 pm - 8:00 pm

MEMBER BENEFIT

Sign up at either the Altru Family YMCA or Choice Health & Fitness and your membership card will work at both locations.

MISSION STATEMENT

The Mission of the Grand Forks YMCA is to put Christian Principles into practice to build a healthy spirit, mind and body for all.

LIVESTRONG® at the YMCA

LIVESTRONG® at the YMCA is physical activity and well-being initiative that helps people affected by cancer reach their holistic health goals. With the help of our Altru Health System partners, our certified instructors and coaches work in a group setting and one-on-one with our participants, working on building muscle mass and strength, increasing flexibility and endurance, and improving functional ability. The program is also focused on the emotional wellbeing of survivors and their families. This program is free - non-Y members will receive a free Y membership for the duration of the program. Caregivers are welcome to accompany participants. **For detailed information, contact Patti McEnroe at the Y (701-775-2586) or visit: www.gfymca.org**

Family Fun Night

Wednesday June 4th 6:00 - 7:30 pm.

Join us on the Greenway for a night of family fun. Bring your bike and enjoy a ride along the Red River. Or walk the path with refreshments along the way. We will also have outdoor games planned for the whole family. Relay Races, Family Fitness Class, Frisbee and Much More. FREE for everyone!

Healthy Kids Day Monday, July 14th 1 - 3pm

As part of the nationwide effort to get kids moving, the YMCA will host Health Kids Day. A fun filled day engages kids in creative activities that foster healthy living and will help them be more active. All activities are free and open to the public. The event will be held at University Park.

YMCA Annual Golf Tournament

Thursday Sept. 11th GF Country Club

4-Person Scramble; Tee-off Noon

\$95 per Golfer Includes: Driving Range, Lunch, Cart, 18-Holes, Hors d'oeuvres following the tourney, chance for door prizes. Space is limited, sign your team up now!

Firecracker 10K & 5K Fun Run/Walk

When: Friday July 4th 8:00 am Start

Where: Start/Finish near Sorley Bridge

Downtown Grand Forks. Registrations accepted by mail, or at the YMCA. Registration forms can be downloaded at www.gfymca.org Race day registrations will be accepted from 6:30-7:30 am on July 4th. Participants will receive a Race bag with t-shirt, race information and snacks.

Prizes: Top male and female finishers in each division with grand prizes for overall winners.

Entry Fees on or before June 30th: Adults: \$25 or Youth (12 and under) \$15

July 1st-4th: Adults: \$30 and Youth (12 & Under) \$20

Free Kiddie Races: Ages Pre School and Kindergarten. Prizes for all participants

Tin Man - Iron Man Triathlon

June 1st - July 31st 2014

Complete a full Ironman Triathlon your way! For adults, kids and families. This stress-free but intensely fun program will start in June and finish up the end of July. Accomplish all three legs (2.4 mile swim, 112 mile bike ride, 26.2 mile run or walk) on your own time. You can even substitute some activities (for instance, water walking for the swim, a Y fitness class for the run etc.). Biking can take place outdoors on your own or indoors in a group cycling class or in the fitness center! Details will be provided upon registration. You'll receive an activity log, rules of the game, incentives and helpful information. Prizes and tshirts will be awarded! Look for detailed program/registration information at the Y or visit: www.gfymca.org

Golf Performance Training

Improve your game and prevent injury with intense, individualized and effective strength, flexibility, cardio and endurance training designed specifically for the sport of golf. Strengthen major muscle groups and develop muscle balance. Learn pre-season, in-season and post-season programs that you can utilize all year long. Contact Patti or Mike at the Y for more information, or visit:

www.gfymca.org

NEW! Swim Lessons

June 3 - 26 Tue/Thur 7:30 Pike, Eels, Rays, Polliwog, Guppy, Minnow

July 8 - 31 Tue/Thur 7:30 Pike, Eels, Rays, Polliwog, Guppy, Minnow

Swim Lesson Sessions

4 days/week (Mon - Thurs)

June: 2 - 12

June: 16 - 26

July: 7 - 17

July 21 - 31

August: 4 - 14

Parent and me Classes

30 minute lessons Tues/Thurs 5:45, 7:30

- Shrimp 6-9 months
- Kippers 9-12 months
- Inia 13-24 months
- Perch 19-36 months

Pre-K ages (Ages 3+)

30 minute lessons 3:30, 4:15, 5:00, 5:45

L1 - Pike

L2 - Eels

L3 - Rays

School-Age

40 minute lessons 3:30, 4:15, 5:45

L1 - Polliwog

L2 - Guppy

L3 - Minnow

L4 - Fish

40 minute lessons 5:00, 5:45

L5 - Flying Fish

L6 - Shark

WSI Check gfymca.org for dates

Water Safety Instructor

Application of theories of learning, teaching and conducting an American Red Cross Infant to Preschool Aquatic Programs, Progressive Learn to Swim class and Community Water Safety.

Must be 16 years of age Cost: \$225

Lifeguard Training American Red Cross Lifeguard class 15 years + Dates and times to be determined - Check gfymca.org for updates

Cost: \$175

Book must be downloaded from redcross.org to a laptop or electronic notebook. Breaks will be given throughout the weekend and a 1 hour lunch break on Sat. & Sun. Bring towel, bathing suit, and lock for locker each day. At the end of this course you will receive your Lifeguard, CPR/AED for professional rescuer, and First Aid Certification.

Scuba

Class taught by a PADI certified Dive instructor.

Call Mick's Scuba for registration info 1-800-285-DIVE

Safety Classes (American Heart Association)

First Aid: June 5, July 10, Aug 14

CPR: June 11 & 12, July 16 & 17, Aug 20 & 21

CPR Recerts: June 4, July 9, Aug 13

YMCA PERSONAL FITNESS TRAINING

With the expertise and guidance that only a fitness professional can provide, a Y Personal Fitness Trainer can help you reach your fitness goals by keeping you on-track and motivated. Whether you are looking for ways to boost your current exercise program, training for an event, recovering from an injury/illness, or planning to start an exercise program, we have an option for you. Y Personal Fitness Training Packages are available in **one-on-one** and **group** options. Y Personal Fitness Training programs include: **Personal Fitness Training; Sports Specific Training; Corrective Exercise Training; Group Personal Fitness Training; Group Fitness Parties; Family Fitness Training; Aquatic Fitness Training; Fitness Assessments; Body Fat Analysis.** We can design programs to suit! For more information, contact Patti McEnroe.

Y FITNESS CENTER FREE ORIENTATIONS

FITNESS CENTER ORIENTATION A YMCA Fitness Center Instructor will take you through a detailed guided tour of the newly renovated Fitness Center cardio and weight rooms. Learn how to safely and effectively use the various cardio machines and get an understanding of the weight room layout and protocol. Approx. 30 min.

PERSONAL FITNESS TRAINING CONSULTATION Meet with a YMCA Personal Fitness Trainer and discuss your fitness goals. Your trainer will suggest activities, classes, and cardio and strength training options to help you get started on your workout plan. Approx. 45 min.

NAUTILUS STRENGTH TRAINING ORIENTATION A YMCA Fitness Center Instructor will introduce you to the NEW Nautilus EVO strength circuit training equipment. Learn how to properly and safely use the machines for optimal upper body, lower body and core strength training. Approx. 30 min.

YOUTH FITNESS MEMBERSHIP (Y.F.M.) Youth ages 10 and up are invited to enroll in a Youth Fitness Training Orientation that will allow them to utilize the YMCA Fitness Center when they present their Y.F.M. membership card (see staff for details). Youth will learn how to use cardio and Nautilus strength equipment that is appropriate for their size and maturity. Please contact the YMCA Fitness Center to make an appointment.