**Your Membership at the Altru Family YMCA Includes:**

**•** 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 Court-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)**

**www.gf ymca.org www.choicehf.com**

**Y FITNESS CENTER**

**CARDIO**

ALL NEW! 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; and 2 LifeFitness Cross Trainers.

**STRENGTH – FREE WEIGHTS & OLYMPIC**

**NEW!** 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 Machines Competition Flat Benches with Safety Arms; 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; NEW Nautilus EVO Selectorized strength training line (17 pcs); Wheelchair accessible Nautilus Freedom Trainer and Cybex Total Access Seated press.

**MEMBERSHIP**

**Membership Fees Bank Draft 3-Months**

**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.

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 (October 1 - April 30)**

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

Friday . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . .5:30am - 9:00pm

Saturday . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . .7:00am - 6:00pm

Sunday . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . .11:00am - 6:00pm

**Daily Fees**

Youth (7 - 17Years) . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . .$5.00

Adult . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . .$10.00

Family . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . .$15.00

**Open/Family Swim**

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

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

**Lap Swim** Holiday Schedules will be posted in facility.

Monday - Friday . . . . . . . . . . . . .6:00 - 8:25am, 11:30am - 1:30pm

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

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

Sunday . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . .11:00am - 1:30pm

**Open Gym Playhouse Drop-In Care**

Monday - Friday . . . . . .. .6:00am - 12:00pm, 2:00pm – Close Mon - Sat . . . . .8:15am - 1:30pm

Saturday – Sunday. . . . . Open – Close Mon - Fri . .. . . .4:15pm - 8:30pm

**Y FITNESS CENTER FREE ORIENTATIONS**

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

**NAUTILUS STRENGTH TRAINING ORIENTATION** A YMCA Fitness Center Instructor will introduce you the Nautilus EVO line of selectorized strength equipment. Learn how to properly use the equipment for safe and optimal strength training for you upper body, lower body and core. Approx. 30-45 min.

**PERSONAL FITNESS TRAINING CONSULTATION** Discuss your fitness goals and get your questions

answered with a YMCA Personal Fitness Trainer, who will suggest activities, classes, and cardio and/or strength training options appropriate for you. Approx. 45 min.

**YOUTH FITNESS MEMBERSHIP** Youth age 10 and up may enroll in the Youth Fitness Training (Y.F.M.) program which will allow them to utilize the Fitness Center (some restrictions apply). Youth will learn how to use age and size appropriate equipment. Contact a Fitness Center Staff for details or to register for a training session by appointment.

**GROUP FITNESS CLASSES**

**Y ADULT GROUP FITNESS CLASSES** The Y offers a wide variety of group fitness classes. Schedules are published monthly and are available at the Y and posted on our web site. Adult group fitness classes include but are not limited to: Y Indoor Group Cycling; Boot Camp; Egyptian Dance Cardio; B.R.I.C.K.S.; Zumba®/Zumba Gold®; Yoga; Pilates; Tai Chi Chih™; NuBody; Strength & Sculpt; Abs, Back & Buns; and many more.

**SilverSneakers® Classic:** Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance; and a chair is used for seated and standing support.

**SilverSneakers® Yoga:** Move your whole body through a complete series fo seatedand standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance, and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

**Fit For Life:** Increase muscle strength, mobility and range of motion to enhance your daily living skills. Move your body to upbeat music with basic moves using hand weights, tubing, small balls, stability balls and more. Chairs are used for seated or standing support.

**Balance Basics:** A series of seated and standing drills designed to challenge you, will help improve core and leg strength, coordination and posture, ultimately improving balance and confidence. Help prevent falls while improving posture, breathing and alertness.

**Y YOUTH AND FAMLY FITNESS CLASSES** Get fit together with Y parent/child classes or attend an adult

class while your children enjoy a group exercise class designed just for them. We are continually working to

enhance our youth class lineup which may include: **SPARK®; Fitness Hula Hooping; Zumba® Kids; Family**

**Zumba®, Parent/Toddler Yoga; Stroller Fit;** and more. Please refer to our group exercise class schedule and/or go online (www.gfymca.org) to view the current youth/family fitness schedule.

**WATER EXERCISE CLASSES** The Y offers a great variety of water exercise classes, including **Boot Camp; Total Body Conditioning; Pilates; SilverSneakers® Splash** (coming soon) and more. Please refer to a current class schedule for class information.

**Y PERSONAL FITNESS TRAINING** Y Personal Fitness Training is suitable for any person at any age or fitness level. If you need help getting started, a trainer can help you make a fitness plan that is suited to your personal needs. If you are looking for a boost to achieve a higher level of fitness or athleticism, a trainer can provide ways to challenge you and help you improve your strength, agility, speed, balance, endurance and more. Personal Fitness Training also provides support, encouragement, new ideas, and accountability and can contribute to a strong spirit, mind and body! Personal Fitness Training Packages are available in one-on-one, group and family packages. Fitness Evaluations, Body Fat Analysis and Aquatic Fitness Training are also available.

**YOUTH DEVELOPMENT**

**Mighty Mite Basketball - K & 1st Grade**

**Saturday Mornings** Mem $30 Non Mem $40

Sept. 20 - Oct. 18

Girls: 11:00 - 11:50 am; Boys: K - 1st 10 - 10:50 am

Boys: K - 1st 9:00 am - 9:50 am

Oct. 25 - Nov. 22

Boys: 10:30 - 11:20 am; Girls 11:30 am - 12:20 pm

**Youth Volleyball** Mem $30 Non Mem $40

Boys & Girls Saturdays Sept. 20 - Oct. 18

2 & 3 grade 10:30 am - 11:20 am

4 - 6 grade 11:30 am - 12:20 pm

**Floor Hockey** Mem $30 Non Mem $40

Boys & Girls Saturdays Grade K - 3

11:00 am - 11:50 am

Oct. 25 - Nov. 22

**Girls Youth Basketball** Memb $60 Non Mem $80

For grades 2 - 6 Tues/Thur/Sat Oct. 25 - Dec. 18

Register by October 19

**Itty Bitty Sports** Mem $25 Non $32

**(Soccer)**

Boys & Girls Ages 3 - 4 Sept. 9 - Sept. 30

Tuesdays 6:00 pm - 6:40 pm Bringwatt Park

**(Basketball)** Saturdays (Limited enrollment)

• Oct. 4 - 25 9:00 - 9:40 am or 9:45 - 10:25 am

• Nov. 1 - 22 9:00 - 9:40 am or 9:45 - 10:25 am

**Soccer** Mem $30 Non $40

Boys & Girls Saturdays Oct. 25 - Nov. 22

Happy Feet: Age 4 - K 9:00 - 9:50 am

Indoor: Grades 1 - 4 10:00 - 10:50 am

**Basketball Tournaments**

3 on 3 Tournament Dec. 6 Boys & Girls Grades 3 - 8

Register by Dec. 1 $80/Team

5 on 5 Tournament Jan 10th Boys & Girls Grade 3 – 4 5 on 5 Tournament Jan 11th Boys&Girls Grade 5/6 Register by Dec. 31 $125/Team

To register or for more information go to

www.gfymca.org

**4 on 4 Dodgeball Tournament**

Dec. 13 $80/Team

Boys & Girls Grade 5 - 8

**Youth Volleyball**

Girls Thursday at YMCA 6:45 pm

Grades 4 - 6 Jan.22 - Feb. 19

$30/Members $40/Participant

**HEALTHY LIVING**

**Y ARTS** - Teaching kids and adults to paint, write, sing,

and act fosters self-expression, dialogue, critical thinking,

and greater achievements in academia. The Arts &

Humanities calm and excite us, young and old, and generate opportunities for inspiration and joy.

Please visit our web site for schedules and costs.

**MYSORE YOGA** - Ashtanga Yoga as traditionally practiced in Mysore, India, offers students personal instruction and adjustments while they move through a flowing sequence of postures at their own pace. Classes are located in the newly renovated Yoga Studio (now featuring heat and humidity control) in 6-week sessions.

**Y THIRD ANNUAL INDOOR WINTER TRIATHLON** -

Saturday, March 7, 2015 - Swim, bike and run in the comfort of the indoors! This popular event is back and better than ever. Swim in the Y pool, bike in the indoor cycling studio and walk/run on the running track. Events are run in timed intervals and totals are calculated for top finishers. Sponsor gift packs, t-shirts, top finisher awards and door prizes will be awarded.

**Y SPORT SPECIFIC TRAINING** - What’s your sport?

Sport Specific Training/Acceleration options include conditioning and skills for basketball, soccer, football, volleyball, hockey, baseball/softball, golf, and most other sports. Group or individual options are always available by

appointment, while some clinics will be scheduled during

the year.

**WALK WITH EASE Program**™ - Coming soon! The

Arthritis Foundation Walk with Ease Program™, specifically developed for adults with arthritis, is also appropriate for people without arthritis, particularly those with diabetes, heart disease and other chronic conditions, who want to get more active – or anyone starting an exercise program. This structured program includes health education, stretching and strengthening exercises, and motivational strategies.

**TaeKwonDo - Begins Sept. 2nd** - TaeKwonDo, a form of

martial arts and self-defense is also recognized as an

Olympic sport.The teaching method offered is

“TaeKwonDo Chung Do Kwan,” one of the oldest and most recognized throughout the world. Students are able to train and be promoted, receiving authentic certification to yellow belt through 2nd Degree Black Belt. No age restriction, train together as a family!

• Minimum of 6 participants to run class

Tuesdays 6:30pm - 8:00pm

**Y FitStart** - Are you a new or returning exerciser? Get

started on the right foot! The Y FitStart instructors will help

guide, motivate and teach you how to achieve your fitness

goals and become a regular exerciser. Improve your overall health and well-being!

**WSI**

Water Safety Instructor **Nov. 15 & 22 12:00 - 10:00 pm** 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 + **Oct. 25 & Nov. 1 12:00 - 10:00 pm**

**Recertification Nov. 2 8:00 am - 1:00 pm**

Cost: $150/Members or $175/Participants

Book must be downloaded from redcross.org to a laptop or electronic notebook. Breaks will be given though out the day and a 1 hour lunch break. 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: Sept. 11, Oct. 16, Nov. 13, Dec. 11

CPR: Sept. 9-10, Oct. 14-15, Nov. 11-12, Dec. 9-10

CPR Recerts: Sept. 2 & 3, Oct. 7 & 8,

Nov. 4 & 5, Dec. 2 & 3

**Check www.gfymca.org for additional days and**

**for all programs listed above**

**KIDS KORNER/TOT TOWN:**

Ages 4 weeks- 3 years Your infant’s day is tailored to suit his/her individual schedule and needs. A rich sensory

toddler environment offers opportunities to see, hear, touch, and manipulate and provides children the basis for

developing knowledge and independence.

**Y-KIDS:**

Ages 3 – 5 years

Creative Curriculum lesson plans and activities develop social, emotional, physical and cognitive skills for school readiness. Children participate in up to three 1⁄2 hour swimming lessons/week taught by Certified Water Safety Instructors.

“Totsercise” gym activities are offered alternating days.

**M.A.S.H.:** - Grades K-5

Program hours: After school – 6:00 p.m.

Call the YMCA Child Care Directors for site and transportation options. The program meets the educational and recreational needs of growing kids. We offer safe, structured environments under the supervision of caring adult staff. 5, 3, and 2 days/week and additional school dismissal day options are available.

**YMCA Child Care Center is a ND licensed center**

**and participates in the USDA food program.**

**Program hours: 6:30 a.m. – 6:00 p.m.**

**WINTER/SPRING VOLLEYBALL LEAGUES**

Monday Nights: Sept. 22 - Dec. 8

Wednesday Nights: Sept. 24 - Dec. 10

Volleyball Social: Wed., Sept. 10 7 - 9:00pm

Registration & Roster Deadline: Sept. 17

**FEES:**

$75 - 3 person team

(any combination of male and female

$100 - 4 person team

(Women's Power & Coed Power)

$150 - 6 person team

(Coed Rec & Coed Intermediate)

3 Person Power – Monday Nights

4 Person Coed Power – Monday Nights

6 Person Coed Recreation – Wednesday Nights

6 Person Coed Intermediate – Wednesday

Nights

**RACQUETBALL LEAGUES**

Racquetball Leagues begin September 22nd

and will run for players of all levels. Registration

deadline Sept. 18th. Check www.gfymca.org or

call Darryl Marek, Sports Director for more

details. Social Night: Sept. 17th 6:30 - 8:00

**SWIM LESSONS**

**Parent and Me** - These classes are created to introduce your little one to the water. Parents will learn about

water safety and ways to help their child be comfortable in the water. The child will be introduced to the water

through fun songs, and fun activities with mom or dad. **Mon. & Wed.:** 1:30 - 2:00 pm Mem $55 Non-Mem $65

**Sept. 8 - Oct. 1; Oct. 6 - Oct. 29** (8 classes); **Nov. 3 - Nov. 19** (6 classes); **Dec. 1 - Dec. 10** (4 classes) Mem $28

Non-Mem $33. **Sat.:** 10:00 - 10:30 (4 classes) Mem $28 Non-Mem $33. **Sept. 6 - 27; Oct. 4 - 25; Nov. 1 - 22**

**Preschool**

**Pike (Beginner)** - To explore the water environment, and learn about water safety through the introduction of

floatation devices. They will begin to learn about their body movement in the water through songs and games.

**Eel (Intermediate)** - Continue to become orientated with the water and learn about water safety. Floatation

devices are worn for most activities, but they begin to learn movement with assistance from the instructor.

**Ray (Advanced)** - These swimmers feel very comfortable in the water. They continue to learn about the water

safety rules. Floatation devices will be worn for some activities. They are completely independent in the water

with a floatation device.

**Youth Swim Lessons**

**Polliwog** - The swimmers will begin to explore the water environment and learn about water safety. Floatation

devices are worn so swimmers can learn to be independent in the water.. Stroke development is reviewed with

focus on body movement; water games are incorporated.

**Guppy** - Swimmers will continue water discovery and water safety rules. As they are beginning to become more

independent, floatation devices are only worn for some skills. Beginner rescue skills are incorporated into water

safety. Swimmers will continue water games to learn skills and build confidence.

**Minnow** - With the swimmer feeling confident without a floatation device, stroke development and endurance

becomes a focus. As they continue with water games, rescue techniques, and water safety the swimmers will be

completely independent in the water with no floatation devices.

**Fish** - Now that the swimmer had gained strength in the water their skills start to be perfected. Introduction into

the competitive swimming strokes brings their abilities to a whole new level. Water Safety and rescue skills are

more advanced as their abilities grow. The fun continues with water sports and games.

**Flying Fish** - At this level stroke development is perfected. Their endurance progresses as their skills are tested

by adding distance.

**Shark** - The objective of this level is to refine strokes so students swim with more ease, efficiency, power and

smoothness over greater distances. Flip turns and open turns are refined.

**Levels/Times:**

Polliwog: 4:30 pm, 5:15 pm, 7:00 pm

Guppy: 4:30 pm, 5:15 pm, 7:00 pm

Minnow: 4:30 pm, 5:15 pm, 7:00 pm

Fish: 4:30 pm, 5:15 pm, 7:00 pm

Flying Fish: 5:15 pm, 7:00 pm

Shark: 5:15 pm, 7:00 pm

Please Note: During this transition to YMCA swim lessons, please know your child may be in a different level

than they were previously. This is because the skill levels for these lessons are different than American

Red Cross. If you have questions please contact Deb Collard, Youth Development Director.

**Pre-registration is required**

**Tuesday & Thursday Session Dates:**

**September 9 - October 2**

**October 7 - 30**

**November 4 - 20 (3 week class)**

**Pre-School Swim Lessons**

**Members $55/Non-Members $65**

For Ages 3 to 5 years old

To introduce preschool-age children to the water environment and to help them to gain confidence in the water while learning about water safety. \*Session dates are the same as Progressive Youth Lessons\*

**Levels/Times:**

Pike (Beginner): 4:30 pm, 5:15 pm

Eel (Intermediate): 4:30pm, 5:15pm

Ray (Advanced): 4:30 pm, 5:15 pm

**Progressive Youth Swim Lessons**

**Members $55/Non-Members $65**

For Ages 5 years and older To introduce the fundamentals of swimming and continue the development,

improvement and refinement of different swimming strokes.

**Fall Session Dates:**

**4 Week Session Dates (Tues/Thurs)**

September 9th - October 2

October 7th - 30th

**3 Week Session Dates (Tues/Thurs)**

November 4th - 20th

**2 Week Session Dates (Mon-Thurs)**

December 1st - 11th

**Adult Swim Lessons:**

Tuesdays and Thursdays

7:45 - 8:30pm.

Pre-Registration Required