



Altru Family YMCA
PO Box 13177
Grand Forks, ND 58208

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**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

All Together Better



Altru Family YMCA
Winter/Spring Catalog 2017
www.gfymca.org
701775-2586



YOUTH DEVELOPMENT

Mighty Mite Basketball - K & 1st Grade
Saturday Mornings Mem \$40 Non Mem \$50
Jan 14 - Feb 11 or Apr 1 - May 6
Girls: 10:00 - 10:50 am
Boys: K - 1st 9:00 am - 9:50 am or
11am - 11:50

Boys YBL Mem \$80 Non \$95
Grades 2-6 Jan 14 - Mar 9
Tues/Thurs/Saturdays
Deadline Jan 9



Volleyball Clinic Mem \$40 Non Mem \$50
Boys & Girls Saturdays April 1- May 6
Grades 2 - 6 11am - 11:50am

Floor Hockey Mem \$40 Non Mem \$50
Boys & Girls grades K - 4
11:00 am - 11:50 am Saturdays
Feb 18 - Mar 25

Itty Bitty Sports Mem \$30 Non Mem \$40
Saturdays 9am - 9:40am or 9:50am - 10:30am
Soccer Jan 14- Feb 4 Whiffleball April 1- 29

Basketball Feb-11-Mar 4 Soccer
Apr. 26-May 17 Wed Nights
5:30 -6:10 or 6:20-7pm

Soccer Mem \$40 Non \$50
Boys & Girls Saturdays Feb 18 - Mar 25
Happy Feet Age 4 - K 9:00 - 9:50 am
Indoor: Grades 1 - 4 10:00 -
10:50 am



Tae Kwon Do Mem \$40 Non
\$50
Youth- Adult 4 weeks Tuesdays
6:30-8pm

T-Ball Mem \$40 Non \$50 Saturdays
11am-11:50am Apr 1 - May 6
Boys & Girls Ages 5-6

Basketball Tournaments
5 on 5
Jan 7 Boys & Girls Grades 3-4
Jan 8 Boys & Girls Grades 5-6
Register by Dec 27 \$140 per team



March 25 Boys & Girls Grades 3-8
Register by Mar 15 \$140 per team

Spring YBL Mem \$55 Non \$65
Apr 18 - May 25 Deadline Apr 12
Boys & Girls Grades 1-6
Tues & Thurs Focusing on Fundamentals



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.

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 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.

Altru Family YMCA Membership Benefits

- Fitness Classes, 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 ears
- Use of Lobby and Lounge Area with Free Wi-Fi
- **Use of Choice Health & Fitness (Full member privileges)**



MEMBERSHIP

Membership Fees	Bank Draft 3-Months	
Youth (7 years - High School)	\$21.00	\$63.00
College/Military/Senior	\$47.00	\$141.00
Adult	\$55.00	\$165.00
Family	\$76.00	\$228.00
Military Family	\$66.00	\$204.00
One Parent Family	\$71.00	\$213.00
Senior Couple	\$59.00	\$177.00

Building Hours

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 - 6:00 pm

Daily Fee

Youth (7 - 17Years)	\$5.00
Adult	\$10.00
Family	\$15.00

Open/Family Swim

Mon - Wed - Fri	7:00 pm - 8:30 pm
Sat - Sun	2:00 pm - 5:00 pm

Lap Swim

Monday - Friday	6:00am - 8:25am, 11:30 am - 1:25 pm
Mon - Wed - Fri	6:00 pm - 7:00 pm
Saturday	7:00 am - 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	9am-2pm - 1:15 pm
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Holiday Schedules will be posted in facility.

The Mission of the YMCA is to put Christian Principles into practice through programs that build a healthy spirit mind and body for all.



Y FITNESS CENTER

The Y Fitness Center features a beautiful, well-maintained space with cardio and strength areas conveniently adjacent to each other with easy access to Nautilus. Cardio machines and strength equipment are new, top-of-the-line brands, providing a wide variety of choices for members and guests of all fitness levels and abilities. The Fitness Center is open all day until 15 minutes prior to closing.

CARDIO AREA

Up-to-date 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; new Thera-cycle Therapy Bike; and stretching/mat area, featuring Precor Ab and Stretch Benches and Calf Stretch.

STRENGTH – FREE WEIGHTS & OLYMPIC AREA

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 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); and Wheelchair accessible Nautilus Freedom Trainer and Cybex Total Access Chess Press.

SOCIAL RESPONSIBILITY

WSI Water Safety Instructor
Feb 25-26 or May 13-14 Fri: 6-10pm Sat: 8-6pm Sun: 12-6pm
Must be 16 years of age. Cost: \$225

Certified Pool Operator April 29-30 Cost: \$181

Lifeguard Classes: American Red Cross Lifeguard class.
March 11-12 or April 22-23 Cost \$175

Lifeguard Recert: March 19 or May 14 8am-4pm Cost: \$65

Safety Classes: (American Heart Association)
First Aid: (7-10pm) Jan 18, Feb 15, Mar 15, Apr12, May 10
CPR: (6-10pm) Jan 16, Feb 13, Mar 13, Apr 10, May 8
CPR Recert: (7-10pm) Jan 9, Feb 6, Mar 6, Apr 3, May 1



YMCA Swim Lessons
BUILDING STRONG
CONFIDENT SWIMMERS

The YMCA has improved our swim lesson program to better serve our youth, teen, and adults. As an aquatics leader the Y has built a NEW swim lesson curriculum that will continue to nurture and build safe, strong swimmers. We encourage you to go to our website at www.gfymca.org to read more about our new curriculum and select what level is right for your swimmer.

Swimmers Ages 5-12 years old

	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6
4:30pm	X	X	X			
5:15pm	X	X	X	X	X	
6:00pm		X	X	X	X	X

Swimmers Ages 3-5 years old

	A	B	Level 1	Level 2	Level 3
4:30pm			X	X	X
5:15pm			X	X	X
6:00pm			X	X	X
Saturdays					
10:00am	X	X			

Parent & Me 6-36 months

A
Water
Discovery

B
Water
Discovery

1
Water
Acclimation

2
Water
Movement

3
Water
Stamina

4
Stroke
Introduction

5
Stroke
Development

6
Stroke
Mechanics

Same Y. NEW Lessons!

Levels 1-6	
Session 1	Jan 17 th -Feb 9 th
Session 2	Feb 14 th - Mar 9 th
Session 3	Mar 21 st - Apr 13 th
Session 4	Apr 18 th -May 4 th (3 week)

Levels A & B	
Session 1	Jan 21 st - Mar 11 th
Session 2	Mar 25 th - Apr 15 th
Session 3	Apr 22 nd - May 13 th

Levels A & B- Parent & Child (6-36 months)
Members \$30 Non-members \$50

Levels 1-3- Ages 3-5
Levels 1-6- Ages 6-12
Members \$55 Non-members \$80



*All age groups are taught the same skills but divided according to their developmental milestones

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the Y
YMCA

FOR YOUTH DEVELOPMENT*
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BEST SUMMER EVER

Adventure Camp
Monday-Friday 7:30am-5:30pm



Registration Opens March 1st

HEALTHY LIVING

For details, schedules and fees visit our web site or pick up printed schedules at the Y.
Contact: Patti McEnroe

Y FIFTH ANNUAL WINTER INDOOR TRIATHLON Sat., March 4, 2017

Get ready to swim, bike and run in the comfort of the indoors: swim in the Y pool, bike in the indoor cycling studio and walk/run on the running track. Sponsor gift packs, t-shirts, top finisher awards and door prizes will be awarded.



ZUMBATHON CHARITY EVENT February, 2017 (Date TBA)

Please join us for the third annual Zumbathon! 100% of the proceeds go directly to patients at Altru Cancer Center. The event features a Zumba master class led by YMCA and Choice Health and Fitness instructors, along with refreshments and door prizes. Watch for updated information on day and time.



NUTRITION WORKSHOPS

Presented by Altru Health System. Topics include nutrition for optimal health, weight management, physical/athletic performance and clean eating. Watch for updated information on scheduled days and times.

HEATED YOGA STUDIO

Our warm and friendly heated yoga studio features heat and humidity control for heated and non-heated yoga, Pilates and meditation classes. The studio is also available to members for self-practice during open studio times. The key is available for check-out at the Fitness Center desk.



Y ARTS

The Arts offer self-expression, dialogue, critical thinking, and greater achievements in academia. Look for updates on offerings such as **Photography 101, Healthy Living Through Art for Veterans**, and others.

WINTER VOLLEYBALL LEAGUES

Monday Nights: Jan 23
Wednesday Nights: Jan 25
Volleyball Social: Jan 11th 7 - 9:00 pm
Registration & Roster Deadline: Jan 16
FEES:

\$75 - 3 person team
(any combination Co-Ed)
\$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 – Wed. Nights
6 Person Coed Intermediate – Wed. Nights



RACQUETBALL LEAGUES

Begin Jan 23 Deadline Jan 18
Monday nights. For more details
Contact Sports Director Darryl Marek.



LIVESTRONG® at the YMCA

LIVESTRONG® at the YMCA is a free physical activity and well-being program for cancer survivors, focusing on building strength, balance, flexibility, endurance and more. A Y membership is included.



WEIGH 2 CHANGE

Diabetes Prevention Program

This lifestyle change program helps you identify your risks and take action through healthy eating and physical activity to help prevent the onset of type II diabetes.



Y PARKINSON WELLNESS RECOVERY PROGRAM

This program is designed to help enhance mobility, balance, flexibility and function for people living with Parkinson Disease. Participants learn to move with maximal activation, safety and success. Exercise4BrainCHange® and PWR!moves™ are implemented to optimize brain health and physical functionality

New! **ROCK STEADY BOXING:** a program designed to help people with Parkinson's "fight back" against the debilitating disease. This non-contact boxing program is effective in helping people gain strength, balance, endurance and confidence in a challenging but fun environment. For details contact Roxee Jones.

Y FITNESS ORIENTATIONS

Free to members. Please schedule your appointment by calling Y Member Services or the Fitness Center.

PERSONAL FITNESS TRAINING CONSULTATION

Meet with a Y Personal Fitness Trainer to discuss how to get started or enhance your current exercise routine. Your Trainer will work with you to help you identify reach your fitness goals.

FITNESS CENTER ORIENTATION

Learn how to use the cardio equipment safely and effectively and get an understanding of the weight room layout and options.

NAUTILUS STRENGTH TRAINING ORIENTATION

Learn how to properly use the Nautilus EVO line of selectorized strength equipment for safe and optimal strength training for you upper body, lower body and core.

INTRODUCTION TO FREE WEIGHTS

Meet with a Y Personal Fitness Trainer and learn how to understand and utilize the weight room equipment such as dumbbells, bench press, leg press, power racks, cable crossover, etc.

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.



Y PERSONAL FITNESS TRAINING

For details please contact Patti McEnroe or Mike Bonewell.

PERSONAL FITNESS TRAINING

A Y Personal Fitness Trainer can help you get started on a physical activity program, enhance your existing program, provide you with support and motivation, and make you stronger in spirit, mind and body. Options are available for one-on-one, group, and family packages. For Aquatic Fitness Training contact the Aquatics department.

Y SPORT SPECIFIC PERFORMANCE TRAINING

What's your sport? Improve speed, agility, endurance, skills and more. For youth and adults, programs are available by appointment and through clinics or group sessions. Pick your sport and we'll have a trainer for you, or train for overall athletic performance.

PHYSICAL ASSESSMENTS

Fitness assessments are available by appointment. A Fitness Evaluation measures your cardiovascular capacity, strength, and flexibility giving you a baseline on which to identify areas of improvement. A Body Fat Analysis is a 7-site skinfold assessment which will provide you with an overall body fat percentage.



Y GROUP FITNESS CLASSES

For details on all fitness classes and programs, please visit our web site or pick up printed schedules at the Y. Classes are free to members unless otherwise noted. Contact: Patti McEnroe or Mike Bonewell.

Y ADULT GROUP FITNESS CLASSES

The Y offers a wide variety of group fitness classes that feature cardio, strength, stretching, mind/body, dance-based, and more. Schedules are updated regularly and are available at the Y and posted on our web site. Adult classes include but are not limited to: **Y Indoor Group Cycling; Zumba®; Heated Yoga; Pilates; Heated Vinyasa Pilates; NuBody; Strength & Sculpt; PiYo® LIVE; P90X® LIVE, Suspension Basic Training; Freestyle Barre;** and many more.

SILVERSNEAKERS® / ACTIVE OLDER ADULT / NEW EXERCISER

The Y offers a variety of classes which are suitable for older adults, special populations, and beginning exercisers, such as: **SilverSneakers® Classic; SilverSneakers® Yoga; SilverSneakers® Circuit; Fit For Life; SilverSneakers® Splash; Drums Alive™, and new BOOM® Muscle and Boom® Move It.** There are many additional mind/body, studio and water exercise options: contact Patti, Mike or a Y instructor/trainer for more info.



SPARK® KIDS FITNESS

Get your workout done while your children enjoy a group exercise class designed just for them. SPARK® Kids Fitness meets Mon/Wed, 5:05 – 6:40 pm in the Mini Gym. SPARK is a group fitness class just for kids, ages approximately 8-12, including fun, active activities that build teamwork, socialization skills, and fitness.

WATER EXERCISE CLASSES

The Y offers a great variety of water exercise classes, including **Boot Camp; Total Body Conditioning; SilverSneakers® Splash, Aqua Zumba®,** and more. See the group fitness schedule for info.

