



Current Resident or:

Altru Family YMCA
PO Box 13177
Grand Forks, ND 58208

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Permit No. 293

Altru's Integrative Medicine

An innovative approach that can complement traditional care, provide healing for an array of physical and mental health issues and support a more balanced lifestyle.

Offerings Include:

Integrative Consultations

A comprehensive assessment to support healing, recovery & restoration.

Mindfulness-Based Intervention

Focused on the evidence-based ancient practice of mindfulness, utilizing meditation to encourage present-moment awareness and deep relaxation.

Restorative Yoga

This practice incorporates gentle movement, postures, breathing, mindful awareness and meditation for a mind-body approach to health & well-being.

Health Coaching

A lifestyle behavior change program where you'll work one-on-one with a health & wellness coach who can give you the tools and support to focus on your individual goals.

For more information or to sign-up, call the Sanny & Jerry Ryan Center for Prevention & Genetics or visit altru.org/prevention.



FALL FOR FITNESS AND FUN

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



ALTRU FAMILY YMCA Fall Catalog 2017



YOUTH DEVELOPMENT

Itty Bitty Sports (3-4 year old Boys & Girls)
Mem \$30 Non Mem \$40

Soccer Wednesdays Sept 6-Sept 27
5:30–6:10pm or 6:20-7pm

Basketball Sept 30-Oct 21 or Oct 28-Nov 18
Saturdays 9am-9:40am or 9:50-10:30am

Mighty Mite Basketball - K & 1st Grade
Saturdays Mem \$40 Non Mem \$50
Sept 16-Oct 14 or Oct 21-Nov18
Girls: 10:00 - 10:50 am
Boys: K - 1st 9am - 9:50am

Indoor Soccer Boys & Girls Mem \$40 Non \$50
October 21-Nov 18 Saturdays
Happy Feet 4 years-K 10:40am-11:30am
Indoor Soccer Grades 1-4 11:40am-12:30pm

Flag Football Mem \$40 Non Mem \$50
Boys & Girls Saturdays Sept 16-Oct 14
Grades K-4 12pm-12:50pm *Ulland park

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



Free Girls Youth Basketball Clinic
October 17 Grades 2 -3 5:30pm-6:30pm
Grades 4-6 6:45pm-7:45pm

Girls YBL Mem \$80 Non \$95
Grades 2-6 Oct 24-Dec 19
Tues/Thurs/Saturdays
Deadline Oct 17

Dodgeball Boys & Girls Grades 5-6
Mem \$40 Non \$50
Oct 21-Nov 18 Saturdays 11am-11:50am

Basketball Tourneys Grades 3-6
3-on-3 \$60 per Team
Nov 18 (Deadline Nov 8)
Dec 2 (Deadline Nov 22)
Grades 3-6

5 on 5
Jan 6 Boys & Girls Grades 3-4
Jan 7 Boys & Girls Grades 5-6
Register by Dec 26 \$150 per team
March 10 Boys & Girls Grades 3-8
Register by Feb 26 \$150 per team



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 a week taught by Certified Water Safety Instructors and “Preschool Spark” gym activities.

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

Program hours:
After school –6:00 p.m. Call the YMCA School Age Coordinator for site options. We meet 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/or 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 years
- Use of Lobby and Lounge Area with Free Wi-Fi
- **Use of Choice Health & Fitness (Full member privileges)**



MEMBERSHIP

| <u>Membership Fees</u> | <u>Bank Draft</u> | <u>3-Months</u> |
|-------------------------------|-------------------|-----------------|
| 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 | \$68.00 | \$204.00 |
| One Parent Family | \$71.00 | \$213.00 |
| Senior Couple | \$59.00 | \$177.00 |

Building Hours

Monday - Thursday5:30 am - 10:00 pm
Friday5:30 am - 9:00 pm
Saturday7:00 am - 6:00 pm
Sunday11:00 am - 6:00 pm

Daily Fee

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

Open/Family Swim

Mon - Wed - Fri7:00 pm - 8:30 pm
Sat - Sun2:00 pm - 5:00 pm

Lap Swim

Monday - Friday . . .6:00am - 8:25am, 11:30 am - 1:25 pm
Mon - Wed - Fri6:00 pm - 7:00 pm
Saturday7:00 am - 9:00 am, 12:00 pm - 1:30 pm
Sunday11:00 am - 1:30 pm

Open Gym

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

Playhouse Drop-In Care

Monday - Friday8:30am-2pm

* \$25 punch cards available*

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 2 Rowers; 3 Matrix Krankcycles; 2 Octane X-Rider Seated Ellipticals; 2 Cybex ARC Trainers; 2 LifeFitness Cross Trainers; 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; 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; Cybex Total Access Chess Press.

SOCIAL RESPONSIBILITY

WSI Water Safety Instructor
October 20-22 Fri: 5pm-10pm Sat: 8am-6pm
Sun: 8am-4:30pm
Must be 16 years of age. Cost: \$225

Certified Pool Operator Cost: \$180
Date s upon request. Contact Brian Embrey

Lifeguard Classes: American Red Cross Lifeguard
Cost \$200 Sept 22-24 or Nov 17-19
Fri: 5pm-10pm Sat: 8am-4pm Sun: 8am-3pm

Lifeguard Recert: Sept 17 or Nov 5
8am-6pm Cost: \$75

Safety Classes:
(American Heart Association)
First Aid: (7-10pm) Cost: \$35
Sept 13, Oct 11, Nov 15, Dec 3

CPR: (6-10pm) Cost: \$45
Sept 18, Oct 16, Nov 6, Dec 18

CPR Recert: (7-10pm) Cost: \$35
Sept 11, Oct 9, Nov 13, Dec 11



WINTER VOLLEYBALL LEAGUES

Monday Nights: Sept 18-Dec 11
Wednesday Nights: Sept 20-Dec 13
Volleyball Social: Wed Sept 6 7-9pm
Registration & Roster Deadline: Sept 11

FEES:
\$75 - Power 3's 3 person team
(Any Combination Co-Ed)
\$100 - 4 person team
(Combination Co-Ed)
\$150 - 6 person team
(Coed A, B, C)
3 Person Power - Monday Nights
4 Person Co-Ed Power - Monday Nights
6 Person Co-Ed A, B, C - Wed. Nights



RACQUETBALL LEAGUES
Begin Oct 3 Deadline Sept 27
Monday nights. For more details
Contact Sports Director Darryl Marek.



NOON BASKETBALL/VOLLEYBALL

Members Only: Basketball M-F
Volleyball Tues & Thurs.
Must Adult Member to participate.



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 |
| 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



Hoot N' Howl
Halloween Bash

Sunday, October 29th from 6:00- 8 :00p.m.
For Pre-School-5th Grade
Admission: \$3 Per, Child & \$6 Per Family
Tickets are available at the YMCA Front Desk.
An adult must accompany all children
701-775-2586

Levels 1-6 Tuesday & Thursday

Session 1: Sept 19th - Oct 12th
Session 2: Oct 17th - Nov 9th
Session 3: Nov 14th - Dec 12th
*No lessons Thanksgiving Day

Levels A & B Saturday

Session 1: Sept 23rd - Oct 14th
Session 2: Oct 21st - Nov 11th
Session 3: Nov 18th - Dec 9th

Levels A & B- Parent & Child (6-36 months) Saturdays
Members \$30 Non-members \$50 10-10:30am

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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HEALTHY LIVING

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

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CLEAN EATING WORKSHOP
Tuesday, October 10, 2017
Presented by Susan Streitz, LRD/CDE, Altru Health System.
Eating clean and healthy is easier than you think! Join Susan for an exciting discussion on how you can make easy modifications in your everyday diet to help you eat healthier and feel better.

ZUMBATHON
October 14, 2017
Directly benefitting patients at the Altru Cancer Center. This event features a master Zumba class led by YMCA and Choice Health & Fitness instructors, along with door prizes and refreshments.



Y FIFTH ANNUAL WINTER INDOOR TRIATHLON
Saturday, March 3, 2018
Mark your calendar and get ready to swim, bike and run in the comfort of the indoors. NEW categories this year, TBA! Sponsor gift packs, t-shirts, top finisher awards and door prizes will be awarded.



HEALTHY LIVING THROUGH ART FOR VETERANS
Part of our Y ARTS mission is to enhance the lives of our Veterans. This program helps participants explore their health and wellness, boost serotonin levels, and enjoy emotional well-being through color, music, texture, and creative expression. Look for posted dates and times at the Y and on our web site.

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 as well as self-practice times available to members.



SPECIALTY PROGRAMMING

PARKINSON WELLNESS 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.



ROCK STEADY BOXING
For people living with Parkinson Disease.
Intense exercise including non-contact boxing and circuit training can dramatically improve overall fitness, strength, reaction time, balance and more. No boxing experience is necessary.



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 enhance your quality of life and help prevent the onset of type II diabetes. Fall session starts September 12.



LIVESTRONG® at the YMCA
LIVESTRONG® at the YMCA is a free 12-week physical activity and well-being program for cancer survivors, focusing on building strength, balance, flexibility, endurance and more. Fall/winter session TBA.



PUMPKINS FOR PARKINSON'S
Grand Pumpkin Growing Contest
The second annual fund raiser supports the YMCA Parkinson Wellness Recovery Program! Eight community teams are nourishing special pumpkins that can grow up to 500 or more pounds. Teams are accepting per-pound or one-time pledges. The final weigh-in family focused event will be held in early October at the YMCA. For more information, visit our web site or contact Patti or Roxee at the Y.



Y FITNESS ORIENTATIONS

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

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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.

INTRODUCTION TO GROUP CYCLING

Look for posted days/times. Take the anxiety away from trying an indoor group cycling class. Learn bike set up, safety and technique and enjoy a demo ride.

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

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For details on PFT Programming, please contact Patti McEnroe.

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. Corrective Exercise, Fitness Evaluations, Body Fat Analysis and Aquatic Fitness Training are also available.



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. Pick your sport and we'll have a trainer for you, or train for overall athletic performance.

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

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; Boot Camp; Zumba®; Heated Yoga; Pilates; NuBody; Strength & Sculpt; 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; BOOM® Muscle; BOOM® Move It; LIVESTRONG® YogaFit; Drums Alive™; Group Cycling BASICS** and more.



SPARK® KIDS FITNESS Get your workout done while your children enjoy a group exercise class designed just for them. **SPARK® Kids Fitness** will be returning this fall, meeting Mon/Wed, 5:05 – 6:45 pm. 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 shallow and deep water exercise classes for people of all ages and abilities. See the group fitness schedule for more info.