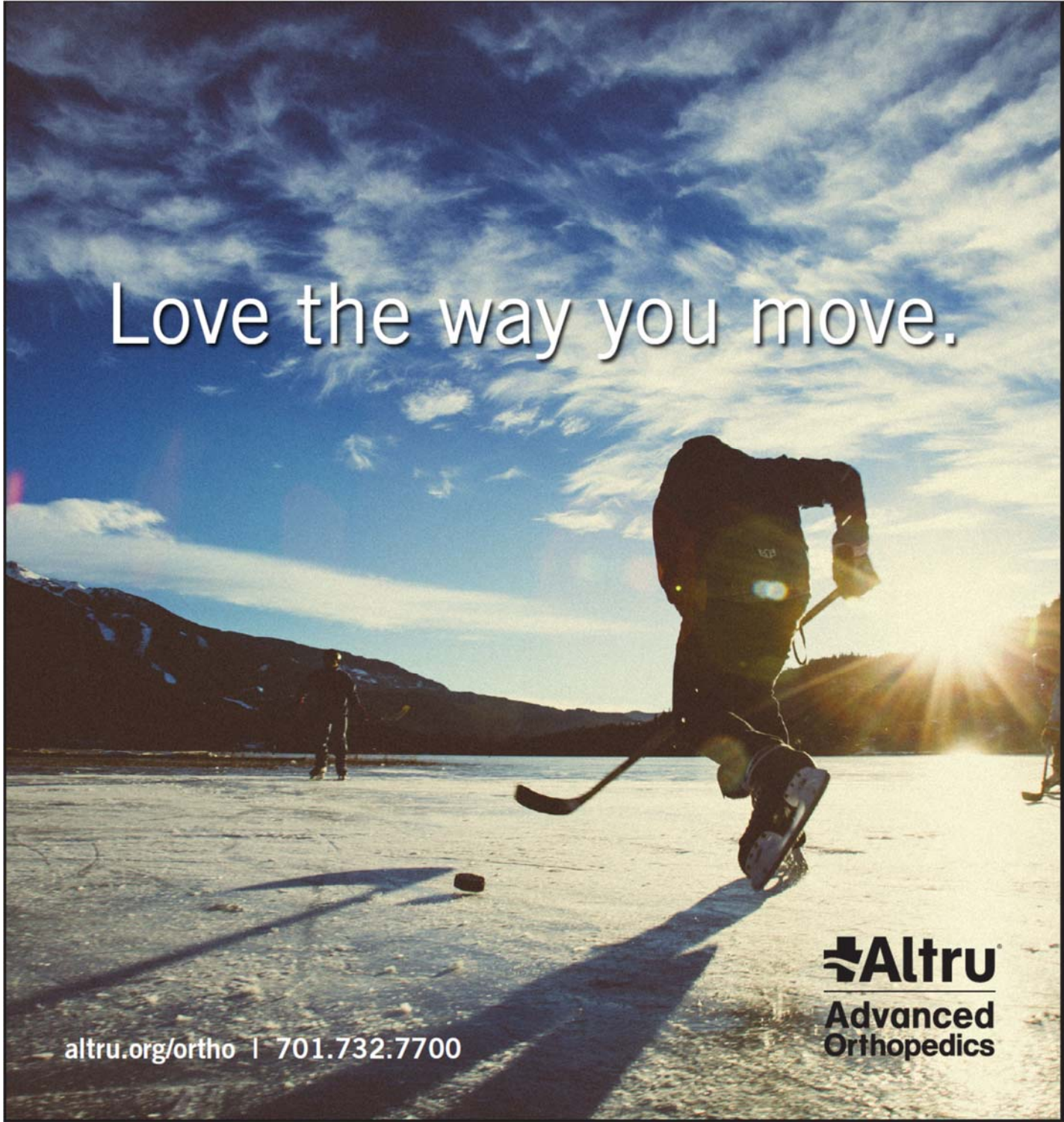




Current Resident or:

Altru Family YMCA
PO Box 13177
Grand Forks, ND 58208

Non-Profit Org.
U.S. Postage
PAID
Grand Forks, ND
Permit No. 293



Love the way you move.

 **Altru**
Advanced
Orthopedics

altru.org/ortho | 701.732.7700



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ALWAYS WELCOME IN EVERY COMMUNITY

ALTRU FAMILY YMCA
Winter/Spring Catalog
2018



YOUTH DEVELOP-

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

Soccer Jan 13 – Feb 3 Saturdays
9am-9:40am or 9:50am-10:30am
May 2-23 Wednesdays 5:30-6:10pm or 6:20-7pm

Basketball Feb 10 - Mar 10 (No class Feb 24)
Saturdays 9am-9:40am or 9:50-10:30am

Wiffleball April 7-28 Wednesdays
5:30pm-6:10pm

Mighty Mite Basketball - K & 1st Grade

Saturdays Mem \$40 Non Mem \$50
Jan 15–Feb 10

Girls: 10:00 - 10:50 am
Boys: K - 1st 9am - 9:50am or 11-11:50am

April 7-May 5
Boys 9-9:50am Girls 10-10:50am

Indoor Soccer Boys & Girls Mem \$40 Non \$50
Feb 10-Mar 24 Saturdays (No Class Mar 17)
K –4th Grade 10am-10:50am

Tae Kwon Do Tuesdays 4 week Sessions
Youth Ages 5-7 6:30-7:15pm Mem \$20 Non \$25
Adult Ages 8-Adult 6:30-8pm Mem \$40 Non \$50



Boys YBL Mem \$90 Non \$105
Grades 2-6 Jan 16-Mar 8
Tues/Thurs/Saturdays
Deadline January 14



Spring YBL Boys & Girls Grades 1-6 Mem \$65
Non \$ 75 Tues/Thurs
Apr 10-May 17 Deadline April 8
Program Focuses on Fundamentals

**Basketball Tournaments Grades 3-6
5 on 5**

January 6 Boys & Girls Grades 3-4
January 7 Boys & Girls Grades 5-6
Register by Dec 26 \$150 per team

March 17 Boys & Girls Grades 3-8
Register by Feb 26 \$150 per team
More information dmarek@gfymca.org



Youth Volleyball (Boys & Girls Grades 2-6)
Apr 7– May 5 Saturdays 11-11:50am
Mem \$40 Non \$50

Floor Hockey Boys & Girls Grades K-4)
Feb 10-Mar 24 (No Class Mar 17)
Mem \$40 Non \$50

Scholarships 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

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	\$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 - Friday6:00 am - 12:00 pm, 2:00 pm - Close
Saturday - SundayOpen - Close

Playhouse Drop-In Care

Monday - FridayCheck Web Site for Hours

* \$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.



YMCA Child Care Center is a ND licensed center and participates in the USDA food program. Program hours: 6:30

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.

SOCIAL RESPONSIBILITY

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




Certified Pool Operator
 April 21-22 Cost \$180

Lifeguard Classes: American Red Cross Lifeguard
 Cost \$200 Feb 2-4 or April 27-29 or May 25-27
 Fri: 5pm-10pm Sat: 8am-4pm Sun: 8am-3pm

Lifeguard Recert: Feb 18 or May 13
 8am-6pm Cost: \$75



Safety Classes:
 (American Heart Association) 
First Aid: (7-10pm) Cost: \$50
 Jan 10, Feb 14, Mar 14, Apr 11, May 16

CPR: (6-10pm) Cost: \$60
 Jan 15, Feb 19, Mar 19, Apr 16, May 21

CPR Recert: (7-10pm) Cost: \$50
 Jan 8, Feb 12, Mar 12, Apr 9, May 14



WINTER VOLLEYBALL LEAGUES

Monday Nights: Begins Jan 29
 Wednesday Nights: Begins Jan 31
 Volleyball Social: Jan 10 7-9pm
 Registration & Roster Deadline: Jan 15
FEES:

\$75 - Power 3's 3 person team
 \$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
 League End Social Jan 29 and April 18

RACQUETBALL LEAGUES

Begin Jan 22 Deadline Jan 18
 For more Details Mem \$12 Non \$40
 Contact Sports Director Darryl Marek.



NOON BASKETBALL/VOLLEYBALL

Members Only: Basketball M-F
 Volleyball Tues & Thurs.
 *Must be an 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
Discov-

1
Water
Acclimation

2
Water
Movement

3
Water
Stamina

4
Stroke
Introduction

5
Stroke
Development

6
Stroke
Mechanics

Levels 1-6 Tuesday & Thursday

Session 1: Jan 16-Feb 8
 Session 2: Feb 13-Mar 8
 Session 3: Mar 20-Apr 12
 Session 4: Apr 17-May 3 *3 Weeks*

Levels A & B Saturday

Session 1: Jan 20-Feb 10
 Session 2: Feb 17-Mar 10
 Session 3: Mar 17-Apr 7
 Session 4: Apr 14-May 5

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

Adventure Camp
 Registration
 Opens March 5th
 Space is Limited



Home School Phy.
 Ed
 Feb 14-Mar 28
 Wednesdays 1pm-2pm




DEEK'S PIZZA

Great Pizza that wont empty your pockets!

FREE Breadsticks

with regular price pizza purchase




512 N Washington St • Grand Forks
 701-772-3335 | deekspizza.com




Proud to serve the communities we call home!

Health Care Insurance Services
HCIS
A Division Of Vaaler Insurance, Inc.

VAALER
 INSURANCE • RISK SERVICES

www.vaaler.com | (701) 775-3131



Golf Center
 701-775-0019
Gift Card

ALWAYS A PERFECT HIT!

GIFT CARDS FOR ANY AMOUNT!



GOLF CENTER
Where Your Game Begins!

Located in Southtowne Square - S. Columbia Rd • Grand Forks, ND **701-775-0019**
 Next to Applebees & The Mattress Factory

HEALTHY LIVING

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

Y HEALTHY LIVING

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

YMCA 6TH ANNUAL INDOOR TRIATHLON

Saturday, March 3, 2018

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.



NUTRITION WORKSHOPS

Presented by our partners at Altru Health System. Watch for 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 mediation 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.

HEALTHY LIVING THROUGH ART FOR VETERANS

This program, presented by Kimberly Forness Wilson, is designed to enhance the lives of Veterans by helping them explore their health and wellness, boost serotonin levels and enjoy emotional well-being through color, music, texture and creative expression.

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. Exercise4Brain-CHange® 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. Begins Jan. 15th

Contact Patti McEnroe for more information pmcenroe@gfymca.org



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.

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

Y PERSONAL FITNESS TRAINING

For details on PFT Programming, please contact Patti McEnroe or Mike Bonewell.

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 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**; **BRICKS**; **Boot Camp**; **Heated Yoga**; **Pilates**; **NuBody**; **Strength & Sculpt**; **P90X®**; **Suspension Basic Training**; **FreeStyle Kickboxing**; **Step Strength** 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**; **Group Cycling** and more.



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.