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FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

WINTER • SPRING 2020

REACHING OUR
POTENTIAL

ALTRU FAMILY YMCA
 Grand Forks, ND

www.gfymca.org • (701) 775-2586



As a Y member, you enjoy full use of the facility, including group fitness & water exercise classes, adult lap swim, recreational swim, noon basketball and volleyball, racquetball, handball, wallyball, fitness center cardio and weight areas, use of the banked running track, Kids Cove indoor playground, use of the lobby and lounge area with fireplace, TV and free WiFi, and full membership privileges at Choice Health and Fitness.

YMCA 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

OPEN/FAMILY SWIM

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

LAP SWIM

Monday - Friday	5:45 am - 8:25 am
Monday - Friday	11:30 am - 1:25 pm
Mon - Wed - Fri	6:00 pm - 7:00 pm
Saturday	7:00 am - 9:00 am
Saturday	12:00 pm - 1:30 pm
Sunday	11:00 am - 1:30 pm

OPEN GYM

Monday - Friday	5:30 am - 12:00 pm
Monday - Friday	2:00 pm - Close
Saturday - Sunday	Open to Close

KIDS COVE INDOOR PLAYGROUND

Monday - Friday	9:00 - 10:00 am
Monday - Friday	6:00 - 7:30 pm
Saturday	10:00 am - 12:00 noon
Saturday	4:00 - 5:30 pm
Sunday	11:00 am - 1:00 pm
Sunday	4:00 - 5:30 pm

Children must be under adult supervision at all times.

CONTACT

Bob McWilliams	Chief Executive Officer
Darryl Marek	Sports Director
Jimmy Rawl	Youth Development Director
Janine Jorgenson	Child Care Director
Jennifer Karpowich	Early Childhood Director
Jerry Kleven	Building & Grounds Director
Adam Sorum	Healthy Living Director
Patti McEnroe	Membership/Marketing Director

ALTRU FAMILY YMCA
215 N 7th St
Grand Forks, ND 58203
P (701) 775-2586
F (701) 775-9611
E gfyymca@gfyymca.org
W www.gfyymca.org



Two great facilities, one low price. Your membership at the Y includes general membership privileges at Choice Health and Fitness.



Like us on Facebook and receive updates and weather announcements. Information presented in this publication is subject to change at any time.

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MEMBERSHIP FEES

Bank Draft	Monthly	3-Months
Youth (7 years - High School)	\$25.00	\$75.00
Individual College/Military/Senior	\$49.30	\$147.90
Individual Adult	\$58.00	\$174.00
Family	\$82.00	\$246.00
Military Family	\$73.80	\$221.40
Single Parent Family/College Family	\$73.80	\$221.40
Senior Couple	\$65.60	\$196.80

DAILY GUEST FEES

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

SILVER SNEAKERS & SILVER & FIT

The Y supports SilverSneakers® and Silver&Fit® memberships. To find out if you qualify, check with your insurance provider(s).

NATIONWIDE MEMBERSHIP

With Nationwide Membership, members can visit any participating Y in the United States and Puerto Rico through membership at their home Y, at no additional cost.

PROGRAM DISCOUNTS

Most YMCA programs offer discounted prices to members, including sports, swim lessons, personal training, and more.

BIRTHDAY PARTIES & RENTALS

Designated areas of YMCA are available for gatherings, meetings and birthday parties. Birthday party options include "Gym" and "Gym & Swim" options. Rentals may include the use of community rooms, gyms, racquetball courts, and swimming pool on a supervised rental basis. Contact Member Services for details.

PARTNER OF YOUTH SCHOLARSHIPS

Membership & program financial scholarship assistance is available. Applications may be acquired at Member Services or on our web site.



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

GROUP FITNESS



ADULT GROUP FITNESS CLASSES

The Y offers a wide variety of group fitness classes included in your membership, featuring roughly 100 cardio, strength, stretching, mind/body, and dance-based classes per week! Updated monthly, adult classes include but are not limited to: Y Indoor Group Cycling; Yoga; Pilates; NuBody; Strength & Sculpt; P90X® LIVE; Step & Strength; and many more.

SILVERSNEAKERS® / ACTIVE OLDER ADULT/ NEW EXERCISER

Classes suitable for older adults, special populations, and beginning exercisers, include SilverSneakers® Classic/Yoga/Circuit; Balance Boost; SilverSneakers® Splash; BOOM® Muscle and Move; LIVESTRONG® YogaFlex; and more.

WATER EXERCISE CLASSES

The Y offers a great variety of shallow and deep water exercise classes for people of all ages and abilities, including SilverSneakers® Splash.

HEATED YOGA STUDIO / SELF PRACTICE

Our warm and inviting Heated Yoga Studio features heat and humidity control for Yoga, Pilates and Meditation classes. Self practice times are available to members.

WORKSHOPS / CLASSES / SPECIAL PROGRAMS

PARKINSON WELLNESS

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 (RSB)

For people living with Parkinson Disease, RSB includes intense exercise including non-contact boxing and circuit training that can dramatically improve overall fitness, strength, reaction time, balance and more. No boxing experience is necessary.

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 personal support. Sessions run 2x/week. A caregiver or family member may accompany the participant.

Y MED FIT

Y Med Fit provides fitness and wellness programming to assist individuals with diagnosed chronic conditions and injuries, as well as personalized training for Special Olympic and Paralympic athletes.

NATIONAL DIABETES PREVENTION PROGRAM

This proven lifestyle change program helps you identify your risks and take action through healthy eating and physical activity to lose weight, enhance your quality of life and help prevent the onset of Type 2 Diabetes.



WORKSHOPS/HEALTH SCREENINGS

Our community health and wellness partners provide a variety of health seminars and screenings (skin cancer, bone density, diabetes risk, body composition) along with golf swing and running analysis, flu shots and more.

OUTLANDERS / BIRTHDAY CLUB

The Outlanders group offers a great opportunity to spend time with friends, meet new people, expand your knowledge and experience new adventures. Birthday Club meets monthly and features a guest speaker and a potluck lunch. Everyone is welcome!

OUTREACH PROGRAMMING

Let us come to you. The Y offers programming options for community organizations. Contact Adam Sorum for details.

YOUTH SPORTS

Contact Darryl Marek • www.gfymca.org • (701) 775-2586

ITTY BITTY SPORTS

ITTY BITTY • AGE 3-4 YEARS

Girls & Boys / Saturdays
9:00 - 9:40 am -or- 9:50 - 10:30 am
Mem \$30 Non-Mem \$40

SOCCER

Jan 18 - Feb 8

BASKETBALL

Feb 15 - March 14 (no class March 7)
May 6 - 27 (Wednesdays, 5:30 or 6:20 pm)

WIFFLE BALL

March 28 - April 25 (no class Apr 11)

TOURNAMENTS

5 ON 5 BASKETBALL

Jan 11
Boys & Girls Gr 3 & 4
Jan 12
Boys & Girls Gr 5 - 6
*Register by Dec 31.
\$160/team

5 ON 5 BASKETBALL

March 7
Boys & Girls Gr 3 - 8
*Register by Feb 25.
\$160/team

YOUTH BASKETBALL

YBL

YOUTH BASKETBALL LEAGUE

Winter Session: Jan 14 - March 5

Boys: Grades 2 - 6
Tues/Thurs/Sat
Registration Deadline: Jan 14
Mem \$90 / Non-mem \$105

Spring Session: April 14 - May 21

Boys & Girls: Grades 1-6
Tues/Thurs
Registration Deadline: April 8
Mem \$65 / Non-mem \$75

MIGHTY MITE BB

Boys & Girls: K & 1st Grade
Saturdays
Mem \$40 / Non-Mem \$50

Jan 18 - Feb 15

Girls: 10:00 - 10:50 am
Boys: 9:00 - 9:50 am -or- 11:00 - 11:50 am

April 18 - May 16

Girls: 10:00 - 10:50 am
Boys: 9:00 - 9:50 am

BENCHWARMER BB

Feb 22 - April 4 (no class Mar 7, 21)

Boys & Girls: Grades 2 - 6
Saturdays
10:00 - 10:50 am
Mem \$40 / Non-Mem \$50

VARIOUS SPORTS

INDOOR SOCCER

Feb 22 - April 4 (no class Mar 7, 21)

Boys & Girls: Grades K - 4th Grade
Saturdays
9:00 - 9:50 am
Mem \$40 / Non-Mem \$50

YOUTH VOLLEYBALL

April 18 - May 16

Boys & Girls: Grades 2 - 6
Saturdays
11:00 - 11:50 am
Mem \$40 / Non-Mem \$50

TAE KWON DO

Monthly Sessions: Tuesdays

Youth Ages 5-7: 6:30 - 7:15 pm
Mem \$20 / Non-Mem \$25
Adult (Ages 8+): 6:30-8:00 pm
Mem \$40 / Non-Mem \$50



ADULT RECREATION

Contact Darryl Marek • www.gfymca.org • (701) 775-2586

LEAGUES

WINTER VOLLEYBALL LEAGUES

Monday Nights: Jan 27 - April 13
Wednesday Nights: Jan 29 - April 15
VB Social: Jan 8 / 7:00 - 9:00 pm
*Registration & Roster Deadline: Jan 13

3 Person - Monday Nights
4 Person Co-Ed - Monday Nights
6 Person Co-Ed A, B, C - Wednesday Nights

FEES:

\$75 - 3 person teams (Any Combo Co-Ed)
\$100 - 4 person team (Combo Co-Ed)
\$150 - 6 person team (Coed A, B, C)

RACQUETBALL LEAGUE

Begins Jan 27

Monday nights. Mem \$15
Non-mem \$45
Registration Deadline: Jan 22

CO-ED KICKBALL LEAGUES

Summer: Tuesdays or Thursdays
Contact Darryl Marek.

VARIOUS SPORTS

NOON BASKETBALL & VOLLEYBALL

Pick-up games.
Basketball: Monday through Friday
Volleyball: Tuesday & Thursday
Free to adult members.

SAND VOLLEYBALL TOURNAMENT

Summer 2020
TBA



2020 EVENTS

YMCA HEALTH TRIP

January 11 - February 29
Get on the road to better health!

GIVING HEARTS DAY

February 13
Supporting Y Partner of Youth.

YMCA DEB THOMPSON MEMORIAL INDOOR GOLF TOURNAMENT

Saturday, February 22
Honoring past CEO Debbie Thompson.

YMCA ANNUAL INDOOR TRIATHLON

Saturday, March 7
A triathlon for everyone!

YMCA SILENT AUCTION

March 24 - 26
Supporting Y Partner of Youth.

YMCA EDUCATIONAL CENTER

www.gfymca.org • (701) 775-2586



TOT TOWN

A rich sensory toddler environment offers opportunities to see, hear, touch, and manipulate and provides children the basis for developing knowledge and independence.

Ages 1 - 3 years / Contact: Janine Jorgenson

BABY BAY

Your infant's day is tailored to suit his/her individual schedule and needs.

Ages 6 weeks - 12 months / Contact: Janine Jorgenson

PRE-SCHOOL

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 per week, taught by Certified Water Safety Instructors as well as "Preschool Spark" gym activities.

Ages 3 - 5 years / Contact: Jennifer Karpowich

M.A.S.H.

We meet the educational and recreational needs of growing kids, offering safe, structured environments during after school hours under the supervision of caring adult staff. 5 - 3 - 2 days per week and/or additional school dismissal day options are available.

Grades K-5 • Program hours: 3:00 - 6:00 pm / Contact: Jennifer Karpowich

Registration for summer Adventure Camp & Wilderness Club opens March 9.



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HEALTH & FITNESS

Contact Adam Sorum • www.gfymca.org • (701) 775-2586



FITNESS CENTER

The Y Fitness Center features beautiful, well-maintained workout spaces with a wide selection of new top-of-the-line of equipment, featuring:

- Dedicated Olympic Lifting Space
- Additional Weight Training Space
- Personal Workout Space & Stretching Areas
- Boxing Area
- Complete Line of Nautilus Strength Equipment
- Wide Variety of Cardio Machines
- NuSteps & Recumbent Bikes
- Wheelchair Accessible Cardio & Strength Machines

This space accommodates all ages, abilities and fitness levels. Visit our web site for a complete list of cardio and strength equipment.

YOUTH SPORTS SPECIFIC TRAINING

YMCA FOOTBALL ACADEMY

Specific training designed to improve play for athletes of all ages. Led by former college and professional football coach, Kyle Myers.



- Running Backs and Linebackers Jan 12 – Feb 9
- Offensive and Defensive Line Mar 1 – 29
- Skill Positions Elite Training April 5 – 26

YOUTH FITNESS

SPARK® KIDS FITNESS

Get your workout done while your children enjoy a group fitness class just for them (ages approximately 8-12) including fun activities that build teamwork and socialization skills.

YOUTH FITNESS MEMBERSHIP

Kids age 10 and up are invited to attend a private training session on fitness center equipment appropriate for their age and ability, allowing them to use the fitness center on their own.

PERSONAL TRAINING

Y PERSONAL FITNESS TRAINING & ASSESSMENTS

A Y Personal 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.

PERSONAL FITNESS TRAINING OPTIONS

- One-on-one
- Group
- Family
- Sport Specific
- Corrective Exercise

Y FREE FITNESS ORIENTATIONS

Fitness orientations are free to members. Please schedule your appointment by calling the Fitness Center.

FREE ORIENTATIONS

- Personal Fitness Training
- Fitness Center Orientation
- Nautilus Strength Training
- Intro to Free Weights
- Youth Fitness Membership
- Fitness Evaluations
- Body Fat Analysis
- Aquatic Fitness Training
- Other as requested



AQUATICS & SAFETY

Contact Jimmy Rawl • www.gfymca.org • (701) 775-2586

SWIM LESSONS

GROUP LESSONS

- Session 1 Jan 21 – Feb 13
- Session 2 Feb 18 – March 12
- Session 3 March 24 – April 16
- Session 4 April 21 – May 14

Levels 1 –6
Tuesdays & Thursdays
4:40 pm / 5:20 pm / 6:00 pm
Levels 1-3: Ages 3-5 / Levels 1-6: Ages 6-12
Members \$65 / Non-members \$90

PARENT & ME

- Session 1 Jan 25 – Feb 15
- Session 2 Feb 22 – March 14
- Session 3 March 21 – April 11
- Session 4 April 18 – May 9

Levels A & B: Parent & Child (6-36 months)
Saturdays /10:00 – 10:30 am
Members \$40 / Non-members \$55



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

Private and semi-private lessons are available. Contact Jimmy Rawl for details.

As an aquatics leader and “America’s swim instructor”, the Y’s new swim lesson curriculum will continue to nurture and build safe, strong swimmers. Visit our website for more information and to select what level is right for your swimmer.

Age 3 – 5 Years

	A	B	1	2	3
4:40 pm			✓	✓	✓
5:20 pm			✓	✓	✓
6:00 pm				✓	✓
Saturdays Parent & Me 10:00 am	✓	✓			

Age 5 – 12 Years

	1	2	3	4	5	6
4:40 pm	✓	✓	✓	✓	✓	
5:20 pm	✓	✓	✓	✓	✓	
6:00 pm		✓	✓	✓	✓	✓

A Water Discovery	B Water Exploration	1 Water Acclimation	2 Water Movement
3 Water Stamina	4 Stroke Introduction	5 Stroke Development	6 Stroke Mechanics

LIFEGUARD & WATER SAFETY

FULL LIFEGUARD CLASSES

American Red Cross Lifeguard
Jan 31 – Feb 2 / March 6 – 8 / April 17 – 19 / May 8 – 10
Fri: 5-10 pm / Sat: 8 am-4 pm / Sun: 8 am-3:00 pm
\$200 / Must be 16 years of age.
(Participants will be emailed a link to complete online pre-course work approximately 1 week prior to the class. The cost for the online portion is \$35 (\$190.00 due to the YMCA at registration, \$35 online to the ARC.)

RECERT LIFEGUARD CLASSES

American Red Cross Lifeguard
Feb 9 / April 5 / May 17 • 8:00 am – 6:00 pm • \$75

WSI (Water Safety Instructor)

March 27 – 29 / April 24 – 26 / May 22 – 24
Fri: 5-10 pm / Sat: 8 am-6 pm / Sun: 8 am-4:30 pm
Must be 16 years of age. • \$225
(Participants will be emailed a link to complete online pre-course work approximately 1 week prior to the class. The cost for the online portion is \$35 (\$190.00 due to the YMCA at registration, \$35 online to the ARC.)

CERTIFIED POOL OPERATOR

May 2 – 3
The Pool and Hot Tub Alliance Certified Pool-Spa Operator® program provides individuals with the basic knowledge, techniques, and skills of pool and spa operations. • \$200

SAFETY CLASSES American Heart Association

CPR (BLS)

(Basic Life Support)
Jan 6 / Feb 3 / March 2 / April 6 / May 4 • 6:00 pm • \$45

FIRST AID

Jan 8 / Feb 5 / March 4 / April 1 / May 6 • 6:00 pm • \$35

HEARTSAVER CPR/FIRST AID/AED COMBO

Jan 13 / Feb 10 / March 9 / April 13 / May 11 • 6:00 pm • \$80

HEARTSAVER PEDIATRIC CPR/FIRST AID/AED COMBO

Jan 15 / April 8 / May 13 • 6:00 pm • \$80

YOUTH & FAMILY

DANCE FOR KIDS

Ballet, Jazz and more for kids of preschool age. Monthly on Thursdays.

FAMILY NIGHTS

Gym games, crafts, swimming, board games snacks and more. Free to members.

YOUTH ART CLASS

Info TBA.

NO SCREEN SATURDAYS

Gym games, crafts, snacks and more. Saturdays. 11:00 am – 1:00 pm. Free to members.

HOMESCHOOL PE

Mon/Wed • 2 – 3 pm

YOUTH VOLUNTEERS CLUB

All ages. Info TBA.

visit: www.gfymca.org for details & fees.