



Due to the health and safety measures we have taken during the COVID-19 pandemic, some of our typical offerings are temporarily unavailable but are expected to become available as we move into the later phases of our reopening. Current membership privileges include: group fitness & water exercise classes, adult lap swim, recreational swim, noon basketball and volleyball, racquetball, handball, wallyball, fitness center cardio and weight areas, and available membership privileges at Choice Health and Fitness.

YMCA SUMMER BUILDING HOURS

Monday - Friday 5:30 am - 8:00 pm
 Saturday 7:00 am - 3:00 pm
 Sunday 11:00 am - 4:00 pm

LAP SWIM

Monday - Friday 6:00 - 8:30 am
 Monday - Friday 11:30 am - 1:30 pm
 Mon - Wed - Fri 6:00 pm - 7:00 pm
 Saturday 7:00 am - 9:00 am
 Saturday 11:00 am - 1:00 pm

OPEN/FAMILY SWIM

Every day. 1:15 - 2:30 pm

OPEN GYM

Main gym open during building hours.
 Mini gym open 6:00 - 8:00 pm and Saturdays.

RACQUETBALL COURTS

Open during building hours. Reservations accepted.

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

PROGRAM DISCOUNTS

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

SILVER SNEAKERS & SILVER & FIT

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

PARTNER OF YOUTH SCHOLARSHIPS

Youth, adult and family membership & program financial scholarship assistance is available. Applications may be acquired at Member Services or on our web site.

CONTACT

Bob McWilliams	President/CEO
Darryl Marek	Sports Director
Jimmy Rawl	Youth Development Director
Janine Jorgenson	Child Care Director
Jerry Kleven	Building & Grounds Director
Adam Sorum	Healthy Living Director
Patti McEnroe	Membership/Marketing Director

TEMPORARILY UNAVAILABLE

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.

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.

OUTLANDERS / BIRTHDAY CLUB

DAILY GUEST FEES

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

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.

Please check our web site and Facebook pages for updates on facility and program additions as they become available.

Like us on Facebook or check our web site to receive updates and weather announcements.



ALTRU FAMILY YMCA
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WE ARE BETTER TOGETHER

FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY



ALTRU FAMILY YMCA

(701) 775-2586 • www.gfyymca.org

AUGUST 2020

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

YOUTH & ADULT SPORTS & FITNESS

YOUTH SPORTS

ITTY BITTY SOCCER

Age 3-4
Wednesdays (5:45 - 6:25 pm)
Aug 25, Sept 2, 9, 16
Mem \$30 / Non-M \$40
Riverside Park

ITTY BITTY BASKETBALL

Age 3-4
Saturdays (10:00-10:40 am)
Sept 12, 19, 26, Oct 3
Mem \$30 / Non-M \$40

MIGHTY MITE BASKETBALL

Grade K, 1
Saturdays (11:00-11:50 am)
Sept 12, 19, 26, Oct 3
Mem \$40 / Non-M \$50

BENCHWARMER BASKETBALL

Grade 2-6
Saturdays (11:00 - 11:50)
Sept 12, 19, 26, Oct 3
Mem \$40 / Non-M \$50

YOUTH BASKETBALL LEAGUE

Grade 2-6
Saturdays (11:00 - 11:50)
Sept 12, 19, 26, Oct 3
Mem \$40 / Non-M \$50

FLAG FOOTBALL

Grade K-3
Mondays (5:45-6:45 pm)
Aug 24, 31, Sept 14, 21, 28
Mem \$40 / Non-M \$50

Contact: dmarek@gfymca.org

SPORTS ACADEMIES

YMCA BASKETBALL ACADEMY

M/W/F - 11:30 am - 12:30 pm
Grade 2 - 6
July 27-31 / Aug 3-7 / Aug 17-21
\$25/session
Coach [Stephanie McWilliams](#)

YMCA VOLLEYBALL ACADEMY

M/W/F - 1:00 pm - 2:00 pm
Grade 2 - 6
July 27-31 / Aug 3-7 / Aug 17-21
\$25/session
Coach [Stephanie McWilliams](#)

YMCA FOOTBALL ACADEMY

Grade 2 - 6
Offensive & Defensive Line
August 8
\$25/session
Coaches [Kyle Myers & Will Ratelle](#)

ATHLETIC TRAINING

MOVEMENT PROGRESSION & CONDITIONING

M/T/W/Th - 11:15 - Noon
All ages.
August 3-6 / August 10-13
\$25/session
Coach [Adam Sorum](#)

ADULT SPORTS

CO-ED KICKBALL LEAGUE

Starts the week of August 18.
Join in the old fashioned fun of kickball! Games will be played Tuesday and Thursday evenings at University Park starting at 6:00 pm. Cost is \$150/6-player team. Contact Darryl at the Y for details.

ADULT NOON BASKETBALL

Monday through Friday pickup games. Members only. Some restrictions apply.

ADULT NOON VOLLEYBALL

Tuesday/Thursday pickup games. Members only. Some restrictions apply.



ADULT TOURNAMENTS

CORNHOLE

Doubles One-day Tournaments
Tuesday, August 25 - 6:30 pm
Tuesday, September 8 - 6:30 pm
University Park • \$10/player

CROQUET

Doubles One-day Tournaments
Thursday, Aug 27
Thursday, Sept 10
University Park • \$10/player

EDUCATIONAL CENTER & DAY CAMPS



ADVENTURE CAMP

WEEKLY DAY CAMPS

June 1 - August 21
7:30 am - 5:30 pm

Adventure camp is all about learning, exploration and fun. Day campers can learn about Grand Forks history, archery, food preparation, nature, cultures, healthy choices, wildlife, science, fine arts and so much more! For girls and boys age 6-12.

BABY BAY

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

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**

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**

WILDERNESS CLUB

WEEKLY DAY CAMPS June 1 - August 19 / 7:30 am - 5:30 pm
With the Growing up WILD curriculum, kids will explore wildlife and the world around them, building their sense of wonder and appreciation for nature while building social and academic skills. For kids who have completed kindergarten to entering 5th grade.

M.A.S.H.
Registration opens August 3.
Packet pick-up at Member Services desk.

ADULT GROUP & PERSONAL FITNESS



The **Y Fitness Center** features a beautiful, well-maintained space with cardio, strength, Olympic strength and stretching areas, including wheelchair accessible equipment, all within easy access to Nautilus, providing a wide variety of choices for members and guests of all fitness levels and abilities. **Y Group Fitness classes** feature cardio, strength, stretching, mind/body, dance-based, water exercise, Yoga on the Greenway, and more. **Group fitness schedules are published regularly and may be obtained at the Y or at: www.gfymca.org.**

PROGRAMS / CLASSES (call for availability)

FREE FITNESS ORIENTATIONS
PERSONAL FITNESS TRAINING
YOUTH FITNESS MEMBERSHIP

ADULT GROUP FITNESS CLASSES
SILVERSNEAKERS CLASSES
WATER EXERCISE CLASSES

Y MED FIT
PARKINSON WELLNESS
ROCK STEADY BOXING
LIVESTRONG at the YMCA
YMCA GARDEN GROUP



SWIM LESSONS & SAFETY CERTIFICATIONS

SWIM LESSONS

GROUP LESSONS

Levels 1 - 6
Monday through Thursday - Two-week Sessions
Dates: 7/27-8/6; 8/10-8/20
4:00 pm / 4:40 pm / 5:20 pm
Levels 1-3: Ages 3-5 / Levels 1-6: Ages 6-12
Members \$65 / Non-members \$90

PARENT & ME

July 11 - August 1
Levels A & B: Parent & Child (6-36 months)
Dates: 7/11-8/1
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. Visit our web site for more information and to select the appropriate level for your swimmer.

Private and semi-private lessons are available. Contact [Jimmy Rawl](#) for details.



SAFETY CLASSES

CPR (BLS)

Basic Life Support / AHA
August 3 / August 12 • 6:00 pm • \$45

HEARTSAVER CPR, FIRST AID, AED COMBO

August 10 • 6:00 pm • \$80

PEDIATRIC HEARTSAVER CPR, FIRST AID, AED COMBO

August 19 • 6:00 pm • \$80



FULL LIFEGUARD CLASSES

American Red Cross Lifeguard
July 31 - Aug 2 / August 21 - 23
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
August 30 • 8:00 am - 6:00 pm • \$75

WSI (Water Safety Instructor)

Contact the Y for dates.
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.)

