



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, use of locker rooms/steam rooms, and available membership privileges at Choice Health and Fitness. For updated information, visit: www.gfymca.org.

YMCA BUILDING HOURS

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

LAP SWIM

Monday - Friday 5:45 - 8:25 am
 Monday - Friday 11:30 am - 1:30 pm
 Mon - Wed - Fri 6:00 - 7:00 pm
 Saturday 7:00 - 8:55 am
 Saturday & Sunday 12:00 - 1:25 pm

OPEN/FAMILY SWIM

Mon/Wed/Fri 7:00 - 8:30 pm
 Saturday & Sunday 2:00 - 3:30 pm

OPEN GYM

Monday - Friday 5:30 am - 12:00 pm
 Monday - Friday 2:00 pm - close
 Saturday / Sunday 2:00 pm - close

RACQUETBALL COURTS

Open during building hours. Reservations are encouraged.

BIRTHDAY PARTIES

Designated areas of the YMCA are available for gatherings, meetings and birthday parties. Birthday party options include "Gym" and "Gym & Swim" options.

RENTALS

Lockers are available for rent. Please contact the Y about possible facility rentals. Some areas of the building may not be available at this time.

Y REOPENING - PHASE 3.5

The Altru Family YMCA remains in Phase 3.5 of our reopening. The health and safety of our members, visitors and staff is a priority. Please continue to sanitize your hands at check-in, respect the personal space of others, distance 6 or more feet from others, and sanitize equipment before and after using.

We encourage everyone to wear a face mask while traveling through the building to and from your destinations. Masks are not required while you work out, however you are welcome to wear one.



UPCOMING EVENTS

- **YMCA OUTDOOR HALLOWEEN PARTY**
Saturday, October 31 / 6:00 pm
- **Y DOWNTOWN DASH VETERAN'S HONOR RUN**
Saturday, November 7 / 10:00 am

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

NATIONWIDE MEMBERSHIP

Through the Nationwide Membership program, members can visit any participating YMCA in the U.S. and Puerto Rico, at no additional cost, through their home Y membership. Note: due to COVID-19 concerns, individual policies are in place at YMCAs around the country. Call the Y you are planning to visit to find out if they are accepting Nationwide Members at this time. The Altru Family YMCA is currently accepting Nationwide members. Our policy is subject to change at any time as we follow federal and local health and safety recommendations.

PROGRAM DISCOUNTS

Most of our YMCA programs offer discounted prices to Y 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



ALTRU FAMILY YMCA
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 E gfymca@gfymca.org
 W www.gfymca.org



Like us on Facebook and check our web site for program updates, weather announcements and more.



WE ARE BETTER TOGETHER

FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY



ALTRU FAMILY YMCA
 (701) 775-2586 • www.gfymca.org

October 14, 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

MIGHTY MITE BASKETBALL

Grade K, 1
Saturdays - 10:00 - 10:50
October 17, 31 & Nov 7, 14, 21
Register early!
Mem \$40 / Non-M \$50

YOUTH BASKETBALL LEAGUE

Grade 2-6 / Girls & Boys
Saturdays - 11:00 - 11:50 am
October 17, 31 & Nov 7, 14, 21
Mem \$40 / Non-M \$50

Grade 2-6 / Girls
Tuesdays & Thursdays
Grade 2 & 3: 6:00-7:00 pm
Grade 4, 5 & 6: 7:15 - 8:15 pm
October 27 - November 24
Mem \$40 / Non-M \$50

KARATE

Youth (age 5 - 12)
Wed, 6:00 - 7:00 pm / Sat, 10:00 - 11:00 am
Adult/Teen (age 13+)
Sept 16 - 30
Wed, 7:15 - 8:45 pm / Sat, 11:15 am - 1:30 pm
Mem \$25 / Non-M \$30
Contact Darryl Marek.



SPORTS ACADEMIES

BASKETBALL & VOLLEYBALL

We are pleased to offer individual and group Sports Specific Training sessions for Basketball and Volleyball led by Stephanie McWilliams! Stephanie was a four-year varsity athlete in basketball, volleyball and softball at Grand Forks Central and played Division 2 basketball and UMC. All ages and abilities are invited to work with Stephanie. Email or call the Y for details.



TBD: FOOTBALL

LEAGUES

VOLLEYBALL LEAGUES

Sept 21 - Nov 18
Monday Nights - Power 3's and Coed 4's
Wednesday Nights - Coed 6's
Contact Darryl Marek for details.

ADULT SPORTS

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.

HOMESCHOOL PE

Physical Education for youth who are outside of the traditional classroom.
2:00 - 3:00 pm
Wednesdays
Contact Jimmy Rawl.



EDUCATIONAL CENTER



BABY BAY

Your infant's day is tailored to suit his/her individual schedule and needs.
Ages 6 weeks-12 months

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

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

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
CARDIAC/PULMONARY PHASE 3



SWIM LESSONS & SAFETY CERTIFICATIONS

SWIM LESSONS

GROUP LESSONS

Levels 1 - 6
Tuesday/Thursday
Dates: Sept 22 - Oct 15 • Oct 20 - Nov 12
• Nov 17 - Dec 10 (no lesson 11/26)
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

All age groups are taught the same skills but are divided by their developmental milestones. Visit our web site and to select the appropriate level for your swimmer.
Private and semi-private lessons are available. Contact Rawl for details.



LIFE JACKET CHECK-OUT

Life jackets are available for check-out at no charge. Sizes infant to 90# and above. Call for details.



SAFETY CLASSES - CPR / FIRST AID

CPR (BLS)

Basic Life Support / AHA
Sept 14 / Oct 5 / Nov 2 / Dec 7 • 6:00 pm • \$45

HEARTSAVER CPR, FIRST AID, AED COMBO
Oct 7 / Nov 4 / Dec 2 • 6:00 pm • \$80

PEDIATRIC HEARTSAVER CPR, FIRST AID, AED COMBO
Oct 14 / Nov 11 / Dec 9 • 6:00 pm • \$80

LIFEGUARD & WATER SAFETY

FULL LIFEGUARD CLASSES

American Red Cross Lifeguard
November 20 - 22
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
November 8, 2020

WSI (Water Safety Instructor)

November 13 -15
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.)