



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, racquetball, handball, wallyball, fitness center cardio and weight areas, use of locker rooms, and available membership privileges at Choice Health and Fitness.

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 <small>(Starting Jan 17: 11:00-6:00)</small>

* Fitness center, gyms, racquetball courts & pool close 15 min early.*

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 & Wednesday	2:00 - 6:00 pm
Tuesday, Thursday & Friday	2:00 pm - 8:45 pm
Saturday	7:00 - 9:00 am / 1:00 - 5:45 pm
Sunday	11:00 am - 4:00 pm

* Availability and hours may vary at times.*

RACQUETBALL COURTS

Open daily. Reservations are encouraged.

BIRTHDAY PARTIES & RENTALS

Designated areas of the YMCA are traditionally available for gatherings, meetings and birthday parties. Please contact the Y updated information on rental options.

Lockers are available for rent. Rent your locket at Member Services.

FACILITY USE GUIDELINES



- Members and guests are **required to wear a mask at all times** while in the facility. Exceptions: while exercising on a machine/weight station or stationed in a class; while in the shower or pool.
- Members are asked to have their key card ready to scan.
- Guest passes are currently unavailable.
- Youth age 9 and under must be directly supervised by a parent or guardian age 16 or over.
- Some restrictions apply for gym use / basketball. Please see our web site for current updates. Limit 8 per side: no competitive games.
- Pickup noon basketball and volleyball are currently unavailable - please check our web site for updates.

PERSONAL SAFETY

Please help us keep our facility **safe and open**: sanitize your hands upon check-in and while using the facility; respect the personal space of others (distance 6 feet or more), sanitize equipment before and after use; disinfect your area after locker room use; and wash your hands often.

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 (age 19+)	\$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 (subject to change).

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

Find us on Facebook and Instagram for program updates, weather announcements and more.



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY



LET US WARM UP YOUR WINTER

January 2021

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

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



SPORTS

YOUTH SPORTS

ITTY BITTY SPORTS

AGE 3-4
Saturdays 9:30 - 10:10 am
Mem \$30 / Non-M \$40

ITTY BITTY BASKETBALL
Jan 23 - Feb 13

ITTY BITTY SOCCER
Feb 20 - March 13

ITTY BITTY WHIFFLEBALL
March 27 - April 17

MIGHTY MITE BASKETBALL

Grade K & 1 • Saturdays
Girls: 9:00 - 9:50 am
Boys: 10:00 - 10:50 am
Jan 23 - Feb 20
Mem \$40 / Non-M \$50

BENCHWARMER BASKETBALL

Grade 2-6 / Girls & Boys
Saturdays - 11:00 - 11:50 am
Jan 23 - Feb 20
Mem \$40 / Non-M \$50

BOYS YOUTH BASKETBALL

Grade 2-6
Tuesdays & Thursdays
Grade 2 & 3: 6:00-7:00 pm
Grade 4, 5 & 6: 7:15 - 8:15 pm
Jan 26 - March 4
Mem \$55 / Non-M \$65

INDOOR SOCCER

Grade K-3 • Saturdays
Girls & Boys
Feb 27 - April 3 (no Mar 20)
10:30 - 11:20 am
Mem \$40 / Non-M \$50

KARATE

Youth (age 5 - 12)
Wednesday: 6:00 - 7:00 pm
Saturday: 10:00 - 11:00 am

Adult/Teen (age 13+)

Wednesday: 7:15 - 8:45 pm
Saturday: 11:15 am - 1:30 pm
Mem \$25 / Non-M \$30

Contact Darryl Marek

COMING SOON...
Health Trip 2021!
Watch for details.

ADULT LEAGUES

VOLLEYBALL LEAGUES

January TBA
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.

* Please call ahead for availability. Due to Covid-related safety precautions, pickup games may not be available.



PERSONAL WELLNESS & GROUP EXERCISE

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, more. **Group fitness schedules are published regularly and may be obtained at the Y or at: www.gfymca.org.**

Y SPECIAL PROGRAMS

Y MED FIT
PARKINSON WELLNESS
ROCK STEADY BOXING
LIVESTRONG at the YMCA
YMCA GARDEN GROUP
CARDIAC/PULMONARY PHASE 3

Y FREE ORIENTATIONS

FREE FITNESS ORIENTATIONS
PERSONAL FITNESS TRAINING
YOUTH FITNESS MEMBERSHIP

Y CLASS OPTIONS

ADULT GROUP FITNESS CLASSES
SILVERSNEAKERS CLASSES
WATER EXERCISE CLASSES



Please call for details and availability on programs and services

GROUP SWIM LESSONS

GROUP LESSONS

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.

Levels 1 - 6 Include: Water Acclimation; Water Movement; Water Stamina; Stroke Introduction; Stroke Development; Stroke Mechanics.

Sessions start January 16.

Levels 1-3: Ages 3-5 / Levels 1-6: Ages 6-12
Mem \$66 / Non-M \$98
(price adjusted for short sessions)

Tuesday/Thursday Sessions	Saturday Sessions
4:40, 5:20, 6:00 pm	10:00, 10:40, 11:20 am
1/19 - 2/11	1/16 - 3/6
2/16 - 3/11	4/10 - 5/8
3/23 - 4/15	
4/20 - 5/6	

ADAPTIVE LESSONS

In cooperation with area public schools, we are able to provide opportunities for children with special needs to participate in basic swimming skills, fitness activities and games, pool entries/exits and water adjustment. Check with your child's school for availability during school hours.

Session Start Dates

1/19 • 2/16 • 3/23 • 4/20

PARENT & ME LESSONS

March 13 - April 3 • 10:00 - 10:30 am
Mem \$40 / Non-M \$55

PRIVATE LESSONS

Private and semi-private.
Contact Jimmy 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 (BLS)

Basic Life Support / AHA
1/4 • 2/1 • 3/1 • 4/5 • 5/3 \$45

HEARTSAVER CPR, FIRST AID, AED COMBO
1/6 • 2/3 • 3/3 • 4/7 • 5/5 \$80

PEDIATRIC HEARTSAVER CPR, FIRST AID, AED COMBO
1/13 • 2/10 • 3/10 • 4/14 • 5/19 \$80

CERTIFIED POOL OPERATOR
5/1 - 5/2 \$200

E-LEARNING

Test in-house. Call for details. \$25
(Additional card fees: BLS \$19 / Combos \$23)
(Visit www.elearning.heart.org for additional course fees)

LIFEGUARD & WATER SAFETY

FULL LIFEGUARD CLASSES

American Red Cross Lifeguard
Feb 5-7 • Mar 26-28 • April 16-18 • May 14-15

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.)

RECENT LIFEGUARD CLASSES

American Red Cross Lifeguard
Feb 21 • March 21 • April 25

WSI (Water Safety Instructor)

March 12-14 • April 9-11 • May 21-23

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.)

YMCA 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**



Registration for Wilderness Club & Adventure camp starts April 1, 2021

ADULT FITNESS