



Welcome to the Y! Your membership privileges include: use of the gymnasiums, racquetball courts, fitness center cardio / weight areas, locker rooms (adult, youth and family), track, and swimming pool. Programs and services available include: group fitness and water exercise classes, lap swim, and open/family swim. Your Y membership also includes general membership privileges at Choice Health & Fitness!

GENERAL INFORMATION

YMCA BUILDING HOURS*

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

* 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 - 5:00 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

* Gym availability and hours may vary at times.*

RACQUETBALL COURTS

Open daily. Reservations are encouraged.

BIRTHDAY PARTIES & BUILDING RENTALS

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

LOCKER RENTALS

Tall and kit lockers are available for rent. Yearly prices are \$65/tall locker & \$30/kit locker. Visit Member Services for details.

AGE REQUIREMENTS

The Y is open to all ages. Youth age 9 and under must be directly supervised by a parent or guardian over age 16.

PERSONAL SAFETY GUIDELINES

Please follow current, posted guidelines. Please respect the space of other members, disinfect your areas of use and wear a mask when appropriate.

CONTACT INFORMATION

Bob McWilliams	President/CEO	bmcwilliams@gfymca.org
Darryl Marek	Sports Director	dmarek@gfymca.org
Sidney Wagner	Youth Development Director	swagner@gfymca.org
Janine Jorgenson	Child Care Director	jjorgenson@gfymca.org
Jerry Kleven	Building & Grounds Director	jkleven@gfymca.org
Adam Sorum	Healthy Living Director	asorum@gfymca.org
Patti McEnroe	Membership/Marketing Director	pmcenroe@gfymca.org
Shawn Reich	Fitness Center Coordinator	sreich@gfymca.org
Elise Stannard	Membership Services Coordinator	estannard@gfymca.org

MEMBERSHIP INFORMATION

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 PRIVILEGES

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 FOR MEMBERS

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® & Silver&Fit® and other insurance member benefits. To find out if you qualify, check with your insurance provider or call the Y for assistance.

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.

CHOICE HEALTH & FITNESS

Enjoy two great facilities! Your Y membership includes general membership privileges at Choice Health & Fitness.



Members and guests are asked to follow the **YMCA Code of Conduct** which is posted online and at the Y.



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

FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

GREAT SUMMERS START AT THE Y

ALTRU FAMILY YMCA
(701) 775-2586 • www.gfymca.org
SUMMER 2021

YOUTH & ADULT Y SPORTS

YOUTH SPORTS

ITTY BITTY WHIFFLEBALL

July 13 – Aug 3
Age 3-4 • Tuesday Evenings
5:30-6:10 / 6:20-7:00 • Elks Park
Members \$30 / Non-members \$40

ITTY BITTY BASKETBALL

July 17 – Aug 7
Age 3-4 • Saturday Mornings
9:30-10:10 / 10:20-11:00 / 11:10-11:50
Members \$30 / Non-members \$40

ITTY BITTY SOCCER

August 10-31
Age 3-4 • Tuesday Evenings
5:30-6:10 / 6:20-7:00 • Location TBA
Members \$30 / Non-members \$40

MIGHTY MITE BASKETBALL

June 7 – July 12 (no session July 5)
Grade K-1 • Monday Evenings
Girls: 5:30-6:30 pm / Boys: 6:40-7:40 pm
Members \$40 / Non-members \$50

YOUTH BASKETBALL

June 10 – July 15 (no session July 8)
Grade 1-3 • Thursday Evenings
Girls: 5:30-6:30 pm / Boys: 6:40-7:40 pm
Members \$40 / Non-members \$50

BENCHWARMER BASKETBALL

July 22 – Aug 19
Grade 4-6 • Thursday Evenings
Girls: 5:30-6:30 pm
Boys: 6:40-7:40 pm
Members \$40 / Non-members \$50

KARATE

ONGOING

Youth (age 6 – 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
Members \$25/month
Non-Members \$30/month



SPORTS ACADEMIES

MOVEMENT PROGRESSION & CONDITIONING

Learn how to move and change directions safely. For competitive and recreational athletes age 8 and up in any sport.

INTRO TO STRENGTH TRAINING

This program teaches proper lifting technique, focusing on mastering technique. For ages 11+.

SPORTS ACCELERATION

This program teaches proper lifting technique: resistance training in youth can result in increased bone density, healthier body composition, and enhanced performance which can lead to increased sprint speed and vertical jump performance. For ages 11+

Contact Adam Sorum: asorum@gfymca.org

ADULT NOON BASKETBALL

Monday through Friday pickup games. Some restrictions apply.

ADULT NOON VOLLEYBALL

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

COMING THIS FALL & WINTER ...

- CO-ED KICKBALL LEAGUE August TBA
- VOLLEYBALL LEAGUE September TBA
- CORNHOLE LEAGUE November TBA

- EVENTS**
- SAFETY AROUND WATER May 17-20
 - FIRECRACKER 5K/10K July 4
 - HEALTHY KIDS DAY July TBA
 - Y 135 YEAR CELEBRATION - TBA
 - VETERAN'S 5K Nov 6

Y ADULT 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, group cycling, water exercise, and more. Group fitness schedules are published regularly and may be obtained at the Y or at: www.gfymca.org.

Please call for details and availability on programs and services

Y FREE ORIENTATIONS

- FREE FITNESS ORIENTATIONS
- PERSONAL FITNESS TRAINING
- YOUTH FITNESS MEMBERSHIP

Y CLASS OPTIONS

- ADULT GROUP FITNESS CLASSES
- SILVERSNEAKERS CLASSES
- WATER EXERCISE CLASSES

Y SPECIAL PROGRAMS

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

Y SWIM & SAFETY

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: Water Acclimation; Water Movement; Water Stamina; Stroke Introduction; Stroke Development; Stroke Mechanics.

Levels 1-3: Ages 3-5 / Levels 1-6: Ages 6-12

SUMMER SESSIONS

Monday through Thursday – 2-week Sessions (8 lessons)
4:00 pm / 4:40 pm / 5:20 pm (dependent on registration)
Mem \$66 / Non-M \$98 (price adjusted for short sessions)

GROUP SESSION DATES

Session 1 June 7 – 17
Session 2 June 21 – July 1
Session 3 July 5 – 15
Session 4 July 19 – 29
Session 5 August 2 – 12

PARENT & ME LESSONS

Water Discovery / Water Exploration
Saturdays – 10:00 – 10:30 am (4 lessons)

Session 1 July 10 – 31
Session 2 August 7 – 28
Mem \$40 / Non-M \$55

PRIVATE LESSONS

Contact Sidney Wagner.



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
June 7 • July 5 • August 2 \$45

HEARTSAVER CPR, FIRST AID, AED COMBO
June 10 • July 8 • August 5 \$80

PEDIATRIC HEARTSAVER CPR, FIRST AID, AED COMBO
June 17 • July 15 • August 12 \$80

CERTIFIED POOL OPERATOR

May 1 – 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
June 4-6 • July 9-11
Fri: 5-10 pm / Sat: 8 am-4 pm / Sun: 8 am-3:00 pm
\$200 / Must be 15 years of age.

RECERT LIFEGUARD CLASSES

American Red Cross Lifeguard
June 13 • July 18
\$75.00 / Must be 15 years of age.

WSI (Water Safety Instructor)

June 18 – 20 • July 23 – 25
Fri: 5-10 pm / Sat: 8 am-6 pm / Sun: 8 am-4:30 pm
Must be 16 years of age. • \$225



YMCA EDUCATIONAL CENTER Y CHILD CARE



Registration is open for
Wilderness Club & Adventure Camp

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 • M.A.S.H. Registration opens August 2, 2021.

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 "Pre-school Spark" gym activities. Ages 3-5 years