



ALTRU FAMILY YMCA  
(701) 775-2586 • [www.gfymca.org](http://www.gfymca.org)



**GREAT  
SUMMERS  
START AT  
THE Y**

## 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 • Bringwatt Park  
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

Contact Darryl Marek for details.  
[dmarek@gfymca.org](mailto:dmarek@gfymca.org) • 701-775-2586

## 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



Karate: have fun while learning physical coordination, self control, & self defense. No previous experience is necessary. Students learn at their own pace in a safe, distanced setting. Contact Darryl Marek or Y Member Services for details.



## 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](mailto:asorum@gfymca.org)

## 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:** 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.  
[swagner@gfymca.org](mailto:swagner@gfymca.org)

The earth is 71% water. Your kids are 100% curious.



## SAFETY AROUND WATER

FREE SAFETY CLASS FOR CHILDREN WHO HAVE NOT  
TAKEN FORMAL SWIM LESSONS - AGE 3-12.

• May 17 - 20 / Choose from: 4:00 / 4:40 / 5:20 pm