



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 | 6:00 - 8:25 am |
| Monday - Friday | 11:30 am - 1:30 pm |
| Saturday | 7:00 - 8:55 am |
| Saturday & Sunday | 12:00 - 1:25 pm |

OPEN/FAMILY SWIM

| | |
|-------------------|----------------|
| Mon-Fri | 2:00-3:00 pm |
| Mon-THurs | 6:00 - 7:00 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.

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.

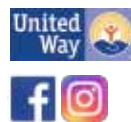


Members and guests are asked to follow the **YMCA Code of Conduct** which is posted online and at the Y.

CONTACT INFORMATION

| | |
|------------------|---------------------------------|
| Bob McWilliams | President/CEO |
| Darryl Marek | Sports Director |
| Sidney Wagner | Youth Development Director |
| Janine Jorgenson | Child Care Director |
| Jerry Kleven | Building & Grounds Director |
| Adam Sorum | Healthy Living Director |
| Patti McEnroe | Membership/Marketing Director |
| Shawn Reich | Fitness Center Coordinator |
| Elise Stannard | Membership Services Coordinator |

| |
|------------------------|
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| dmarek@gfymca.org |
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| sreich@gfymca.org |
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ALTRU FAMILY YMCA
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F (701) 775-9611
E gfymca@gfymca.org
W www.gfymca.org

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

July & August
2021

GREAT
SUMMERS
START AT
THE Y

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

YOUTH & ADULT Y SPORTS

JULY/AUGUST • YOUTH SPORTS & ACADEMIES

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

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

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

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

VOLLEYBALL ACADEMY

High School Tryouts
July 27, 28, 30
Passing & Serving
August 4, 11, 18

SPORTS ACCELERATION

TBA

ADULT LEAGUES & TOURNAMENTS

ADULT KICKBALL LEAGUE

Starts August 17 & 19 / 5 weeks

ADULT VOLLEYBALL LEAGUE

SEPTEMBER, TBA

ADULT CORNHOLE LEAGUE

NOVEMBER, TBA

SAND VOLLEYBALL TOURNAMENT

August 14, 15 • Bringwatt Park
CO-ED 4's, 6's
Women's 6's, Men's 4's
Contact Darryl Marek



ADULT NOON BASKETBALL

Monday through Friday pickup games.
Some restrictions apply.

ADULT NOON VOLLEYBALL

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

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



EVENTS

- CATS INCREDIBLE 5K & Kids Run July 31
- SAND VOLLEYBALL TOURNAMENT Aug 14, 15
- YMCA 135 YEAR CELEBRATION Aug 26
- YMCA GOLF TOURNAMENT Sept 9
- PUMPKINS 4 PARKINSON'S DAY Oct 5
- HOOT N HOWL HALLOWEEN PARTY Oct 30
- VETERAN'S Downtown Dask 5K Run Nov 6
- INDOOR TRIATHLON TBA

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 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 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

• August 2 \$45

HEARTSAVER CPR, FIRST AID, AED COMBO

• August 5 \$80

PEDIATRIC HEARTSAVER CPR, FIRST AID, AED COMBO

• August 12 \$80

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

M.A.S.H. Registration opens August 2.

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**