



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/11:30-1:30 pm
Mon-Wed-Fri	6:00 - 7:00 pm
Saturday	7:00 - 8:55 am/12:00 - 1:25 pm
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

Gym availability varies based on our program schedules. Generally there is open gym time in at least one or both of our gymnasiums at any given time (some exceptions may apply). Please call the Y to confirm availability.

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 for 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	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



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



September 2021

FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

**FALL IS
 FANTASTIC
 AT THE Y**

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

YOUTH & ADULT Y SPORTS

YOUTH SPORTS

ITTY BITTY BASKETBALL

Sept 11, 18, 25, Oct 2
Age 3-4 • Saturdays
9:20-10:00 am or 10:10-10:50 am

MIGHTY MITE BASKETBALL

Oct 16, 30, Nov 6, 13, 20
Grade K-1 • Saturdays
Boys: 9:00-9:50 am
Girls: 11:00-11:50 am

BOYS YOUTH BASKETBALL

Sept 11, 18, 25, Oct 2, 9
Grade 2-6 • Saturdays
11:10 am - 12:10 pm

ITTY BITTY WHIFFLEBALL

Oct 9, 16, 30, Nov 6
Age 3-4 • Saturdays
9:20-10:00 am or 10:10-10:50 am

YOUTH VOLLEYBALL

Oct 16, 30, Nov 6, 13, 20
Grade 2-6 • Saturdays
11:10 am - 12:10 pm

SOCCER

Oct 16, 30, Nov 6, 13, 20
Age 4 - Grade 3 • Saturdays
10:00-10:50 am

GIRLS YOUTH BASKETBALL

Oct 26 - Dec 16
Grade 2-6 • Tues/Thurs

ITTY BITTY SOCCER

Nov 13, 20, Dec 4, 11
Age 3-4 • Saturdays
9:20-10:00 am or 10:10-10:50 am

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

OFFENSIVE ACADEMY - LEARN TO SET & HIT

Wednesdays • October 6, 13, 20
Grades 5-6 5:00-6:00 pm

DEFENSIVE ACADEMY

Wednesdays • Nov 3, 10, 17
Grades 5-6 5:00-6:00 pm

HOME SCHOOL PHYSICAL EDUCATION

September 29 - November 17
Wednesdays
2:00-3:00 pm
\$50/child
\$45/additional child



ADULT VOLLEYBALL LEAGUE

Sept 15 - Nov 15
3, 4 & 6 person teams

ADULT NOON BASKETBALL

Monday through Friday pickup games.

ADULT NOON VOLLEYBALL

Tuesday/Thursday pickup games.

EVENTS



- YMCA INDOOR TRIATHLON Sat, Oct 16
- Y FLOATING PUMPKIN PATCH Sat, Oct 23
- Y HOOT N HOWL HALLOWEEN PARTY Sat, Oct 30
- YMCA VETERAN'S Honor Run Sat, 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 AQUATICS & SAFETY

SAFETY CLASSES

CPR (BLS)

Basic Life Support / AHA
Sept 13 • Oct 4 • Nov 1 • Dec 6 \$45

HEARTSAVER CPR, FIRST AID, AED COMBO

Sept 9 • Oct 14 • Nov 4 • Dec 16 \$80

PEDIATRIC HEARTSAVER CPR, FIRST AID, AED COMBO

Sept 16 • Oct 21 • Nov 18 • Dec 30 \$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
Sept 24-26 • Nov 12-14
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
Oct 17 • Nov 21
\$75.00 / Must be 15 years of age.

WSI (Water Safety Instructor)

Oct 29-31 • Dec 3-5
Fri: 5-10 pm / Sat: 8 am-6 pm / Sun: 8 am-4:30 pm
Must be 16 years of age. • \$225

Certified Pool Operator

Oct 2-3



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 1-2: Ages 3-5 / Levels 1-6: Ages 6-12

Preschool Lessons

3-5 Years Old • Levels 1 & 2 • Tuesdays & Thursdays
Choose from: 3:50-4:20 pm or 4:25-4:55 pm
DATES: Sept 7-30 / Oct 5-28 / Nov 2-23
Members \$66/Non-members \$98

School Age Lessons

6-12 Years Old • Levels 1-6 • Tuesdays & Thursdays
Choose from: 5:00-5:30 pm or 5:35-6:05 pm
DATES: Sept 7-30 / Oct 5-28 / Nov 2-23
Members \$66/Non-members \$98

PARENT & ME LESSONS

Water Discovery / Water Exploration
Saturdays -10:00 - 10:30 am (4 lessons)
DATES: Nov 6, 13, 20, 27
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.



YMCA EDUCATIONAL CENTER Y CHILD CARE



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