



FOREVER HERE FOR YOU.

Y Fall Programs & Events



YMCA Hoot N Howl Halloween Bash

Saturday, Oct 30
12:00-2:00 pm
Trick or Treating & Games
Outdoors at the Y

▶ 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 • Tues/Thurs
First meeting:
Grade 2-3: 5:30-6:30 pm
Grade 4-6: 6:45-7:45 pm

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

▶ GROUP SWIM LESSONS

- 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
- 3:50-4:20 pm or 4:25-4:55 pm
- Oct 5-28 / Nov 2-23
- **School Age Lessons**
- 6-12 Years Old • Levels 1-6
- Tuesdays & Thursdays
- 5:00-5:30 pm or 5:35-6:05 pm
- Oct 5-28 / Nov 2-23

Register at www.gfymca.org
or call: 701-775-2586

▶ 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



Floating Pumpkin Patch!

- **Saturday, Oct 23**
- **1:45-3:00 pm**
- Come prepared to get wet!
- Choose your favorite pumpkin!
- You can decorate your pumpkin!
- Open to all ages!
- Members-\$5/Non-members-\$10 (per family)

▶ SAFETY CERTIFICATIONS

- **CPR (BLS) Basic Life Support / AHA** Oct 4 • Nov 1 • Dec 6
- **HEARTSAVER CPR, FIRST AID, AED** Sept 9 • Oct 14 • Nov 11 • Dec 16
- **PEDIATRIC HEARTSAVER CPR, FIRST AID, AED** Oct 21 • Nov 18 • Dec 30
- **E-LEARNING** • Test in-house. Call for details.

▶ WATER SAFETY CERTIFICATIONS

- **FULL LIFEGUARD** Nov 12-14
- **RECERT LIFEGUARD** Nov 21
- **WATER SAFETY INSTRUCTOR (WSI)** Oct 29-31 • Dec 3-5

HOMESCHOOL PE • Wednesdays 2-3 pm