



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.

WINTER EVENTS

- HEALTH TRIP JAN TBA
- Y NOONBALL TOURNAMENT FEB 6
- GIVING HEARTS DAY FEB 10
- DEB THOMPSON MEMORIAL GOLF TOURNEY MAR 5
- YMCA INDOOR TRIATHLON MAR 19

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
Madison Zukowski	Membership Services Coordinator	mzukowski@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.

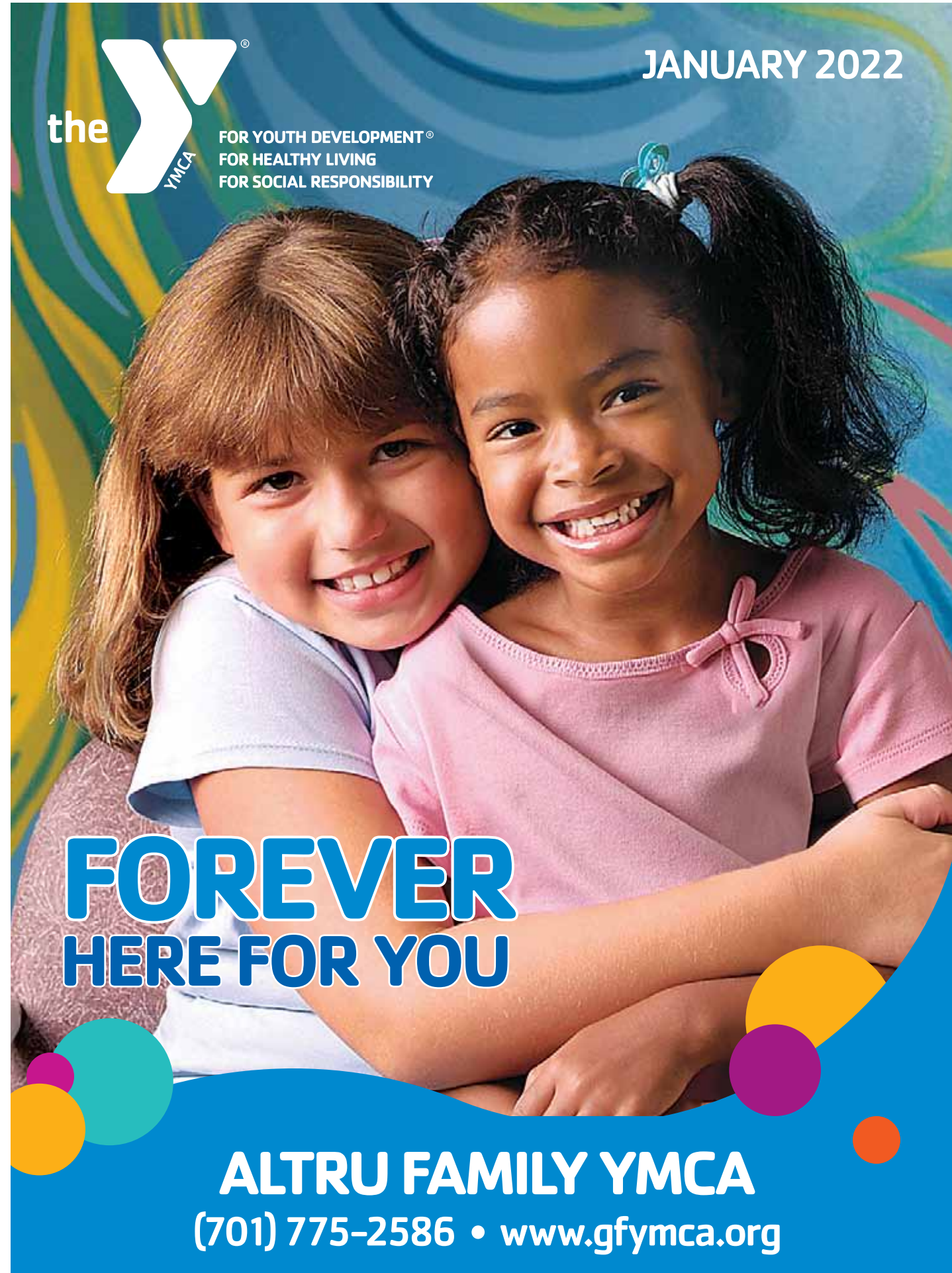


ALTRU FAMILY YMCA
 215 N 7th St
 Grand Forks, ND 58203
 P (701) 775-2586
 F (701) 775-9611
 E gfymca@gfymca.org
 W www.gfymca.org



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

JANUARY 2022



**FOREVER
 HERE FOR YOU**

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

Y SPORTS YOUTH & ADULT



YOUTH SPORTS

ITTY BITTY BASKETBALL

Sess 1: Jan 22, 29 & Feb 5, 12
Sess 2: Apr 23, 30 & May 7, 14
Age 3-4 • Saturdays
9:20-10:00 am or 10:10-10:50 am
Members \$30 / Non-members \$40

MIGHTY MITE BASKETBALL

Sess 1: Jan 22-Feb 19
Sess 2: Mar 5-Apr 9 (no Mar 19)
Grade K-1 • Saturdays
Girls: 9:00-9:50 am
Boys: 10:00-10:50 am
Members \$40 / Non-members \$50

INDOOR SOCCER

Jan 22-Feb 19
Age 5 - Gr 3 • Saturdays
Girls & Boys: 11:00-11:50 am
Members \$40 / Non-members \$50

VOLLEYBALL LEAGUE - New!

Jan 3, 10, 17, 24, 31
Grade 3-8 • Monday Evenings
5:45-7:00 (Gr 3, 4, 5)
7:00-8:15 (Gr 6, 7, 8)
Members \$45 / Non-members \$55
Coach: Katie Arthur

ITTY BITTY WHIFFLEBALL

Mar 5, 12, 26 & Apr 2 (no Mar 19)
Age 3-4 • Saturdays
9:20-10:00 am or 10:10-10:50 am
Members \$30 / Non-members \$40

CONTACT

Darryl Marek: dmarek@gfymca.org

YOUTH VOLLEYBALL

Mar 5, 12, 26 & Apr 2, 9 (no Mar 19)
Grade 2-6 • Saturdays
11:10 am - 12:00 pm
Members \$40 / Non-members \$50

BOYS YOUTH BASKETBALL LEAGUE (YBL)

Jan 18 - Mar 10
Grade 2-6 • Tues/Thurs
Members \$70 / Non-members \$90

SPRING YBL (Girls & Boys)

Apr 12 - May 19
Grade 1-6 • Tues/Thurs
Members \$60 / Non-members \$80

FLAG FOOTBALL

Apr 19, 26 & May 3, 10, 17
Gr K-4 • Tuesdays • 6:00-6:50 pm
Members \$40 / Non-members \$50

ITTY BITTY SOCCER

June 7, 14, 21, 28
Age 3-4 • Tuesdays
5:20-6:00/6:10-6:50 pm
Members \$30 / Non-members \$40

KARATE (ONGOING)

• Youth (age 6 - 12)
Wed: 6:00-7:00 pm/Sat:10:00-11:00 am
• Adult/Teen (age 13+)
Wed: 7:15-8:45 pm/Sat: 11:15 am-1:30 pm
Members \$25/month
Non-Members \$30/month

YOUTH BASKETBALL TOURNEY

Tentative Date: March 19 • Details TBA

FOOTBALL ACADEMY

QUARTERBACK LAB

Jan 16, 23, 30 • Grades 2-5 / 6+

OFFENSIVE & DEFENSIVE LINE

Feb 13, 20, 27 • Grades 2-5 / 6+

QUARTERBACK LAB

March 6, 13, 20 • Grades 2-5 / 6+

\$30

2022 MONTHLY CAMPS TBA

April Offensive Playmakers
May Offensive/Defensive Line

Contact Adam Sorum for details.

HOME SCHOOL PE

Jan 19 - Mar 23, 2022
Wednesdays • 2:00-3:00 pm
\$60/child • \$55/additional child



ADULT NOON BASKETBALL

Monday through Friday pickup games.

ADULT NOON VOLLEYBALL

Tuesday/Thursday pickup games.

ADULT NOONBALL BASKETBALL TOURNAMENT

Sunday, February 6, 2022
Contact Bob McWilliams for details.

ADULT VOLLEYBALL LEAGUE

Starts February 7, 2022

Y AQUATICS & 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 1-2: 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
Jan 18-Feb 10/Feb 15-Mar 10/Mar 15-Apr 7/Apr 12-May 5
Members \$68/Non-members \$100

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
Jan 18-Feb 10/Feb 15-Mar 10/Mar 15-Apr 7/Apr 12-May 5
Members \$68/Non-members \$100

PARENT & ME LESSONS

Water Discovery / Water Exploration
Saturdays -10:00 - 10:30 am (4 lessons)
DATES: TBA
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.

CONTACT

Sidney Wagner: swagner@gfymca.org

LIFEGUARD & WATER SAFETY

FULL LIFEGUARD CLASSES

American Red Cross Lifeguard
Feb 25-27/Mar 25-27/Apr 22-24/May 20-22/June 3-5
Fri: 5-10 pm / Sat: 8 am-4 pm / Sun: 8 am-3:00 pm
\$225 / Must be 15 years of age.

RECERT LIFEGUARD CLASSES

Feb 27/Mar 27/Apr 24/May 22/June 5
8:00 am - 2:00 pm • \$105.00 / Must be 15 years of age.

WSI (Water Safety Instructor)

Mar 11-13/Apr 8-10/May 13-15/June 10-12
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

Apr 2-3 / Sat 8-5, Sun 8-3 • \$200

SAFETY CLASSES

CPR (BLS)

Basic Life Support / AHA
Jan 3/Feb 7/Mar 7/Apr 4/May 2 \$45

HEARTSAVER CPR, FIRST AID, AED COMBO

Jan 5/Feb 9/Mar 9/Apr 6/May 4 \$80

PEDIATRIC HEARTSAVER CPR, FIRST AID, AED COMBO

Jan 12/Feb 16/Mar 16/Apr 13/May 11 \$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)

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 or visit our web site for details on programs and services.

CONTACT

Adam Sorum: asorum@gfymca.org • Shawn Reich: sreich@gfymca.org

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 CHILD CARE YMCA EDUCATIONAL CENTER



BABY BAY

Your infant's day is tailored to suit his/her individual schedule and needs. Age 6 week-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.

CONTACT

Janine Jorgenson: jjorgenson@gfymca.org