



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.

**EVENTS**



- ANNUAL ONLINE AUCTION MAY 2-10
- FIRECRACKER 5K/10K FUN RUN/WALK JULY 4
- CATS INCREDIBLE 5K FUN RUN/WALK JULY 30

**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

**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® Renew Active/One Pass™ 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**

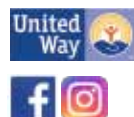
Youth, adult and family membership & program financial scholarship assistance is available. Applications may be acquired at Member Services or on our web site.

**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  
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E gfymca@gfymca.org  
W www.gfymca.org





# Y SPORTS YOUTH & ADULT



## YOUTH SPORTS

### ITTY BITTY BASKETBALL

Apr 23, 30 & May 7, 14  
Age 3-4 • Saturdays • 9:20-10:00/  
10:10-10:50/ 11:00-11:40 am/  
11:50 am-12:30 pm  
Members \$30 / Non-members \$40

### 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

### ITTY BITTY WHIFFLEBALL

July 12, 19, 26, Aug 2  
Age 3-4 • Tuesdays  
5:20-6:00/6:10-6:50 pm  
Elks Park  
Members \$30 / Non-members \$40

Note: Jerseys are needed for Mighty Mite Basketball, Flag Football, Soccer, Floor Hockey and Youth Basketball League. Purchase at Y Member Services: \$18 or contact Darryl Marek

### CONTACT

Darryl Marek: dmarek@gfymca.org



## KARATE

### Free Class Trial

Saturday, May 7

10:00-11:00 am

Main Gym - YMCA

The benefits of youth & adult karate include building confidence, leadership skills, self-discipline, character, healthy body and more! Class is ongoing.

### Regular Schedule:

• 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



## FOOTBALL ACADEMY

### OFFENSIVE PLAYMAKERS

April 3, 10, 24 • Grades 2-5 / 6+

### 2022 MONTHLY CAMPS TBA

May Offensive/Defensive Line

## VOLLEYBALL ACADEMY

### INTRO TO VOLLEYBALL

April 6, 13, 20 • Grades K-2

Contact Adam Sorum for details.



### ADULT NOON BASKETBALL

Monday through Friday pickup games.

### ADULT NOON VOLLEYBALL

Tuesday/Thursday pickup games.

## WE ARE HIRING

Child Care Providers, Camp Counselors, Lifeguards, Swim Instructors, Coaches, and more!  
Apply at the Y.

# 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

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

Apr 12-May 5

Members \$68/Non-members \$100

## PARENT & ME LESSONS

Water Discovery / Water Exploration  
Saturdays: 10:00-10:30 & 10:30-11:00 am  
Sessions: 3/26-4/16 • 4/23-5/14  
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

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

Apr 24/May 22/June 5

8:00 am - 2:00 pm • \$105.00 / Must be 15 years of age.

### WSI (Water Safety Instructor)

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

Apr 4/May 2

\$45

### HEARTSAVER CPR, FIRST AID, AED COMBO

Apr 6/May 4

\$80

### PEDIATRIC HEARTSAVER CPR, FIRST AID, AED COMBO

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](http://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](http://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 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 two 30 minute swimming lessons per week, taught by Certified Water Safety Instructors. Ages 3-5 years

### CONTACT

Janine Jorgenson: jjorgenson@gfymca.org

## YMCA Summer Day Camp

ADVENTURE CAMP & WILDERNESS CLUB  
Call the Y for availability.

