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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!

Bank Draft

Military Family

Senior Couple

and more.

for assistance.

CHOICE

Family

MEMBERSHIP FEES

Individual Adult (age 19+)

Youth (7 years – High School)

Individual College/Military/Senior

MEMBERSHIP INFORMATION

Single Parent Family/College Family \$73.80

Nationwide members (subject to change).

SILVER SNEAKERS & SILVER & FIT

PARTNER OF YOUTH SCHOLARSHIPS

acquired at Member Services or on our web site.

membership privileges at Choice Health & Fitness.

CHOICE HEALTH & FITNESS

Youth, adult and family membership & program financial

scholarship assistance is available. Applications may be

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

members, including sports, swim lessons, personal training,

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

Enjoy two great facilites! Your Y membership includes general

PROGRAM DISCOUNTS FOR MEMBERS Most of our YMCA programs offer discounted prices to Y

Monthly

\$25.00

\$49.30

\$58.00

\$82.00

\$73.80

\$65.60

3 Months

\$75.00

\$147.90

\$174.00 \$246.00

\$221.40

\$221.40

\$196.80

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, ovms, racou	etball courts & pool close 15 min early. *

LAP SWIM

Monday-Friday Saturday Sunday

6:00 - 8:25 am/11:30-1:30 pm 7:00 - 8:55 am/12:00 - 1:25 pm 12:00 - 1:25 pm

OPEN/FAMILY SWIM

Monday-Friday Monday-Thursday Saturday & Sunday

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 exeptions may apply). Please call the Y to confirm availability.

2:00-3:00 pm

6:00-7:00 pm

2:00 - 5:00 pm

RACOUETBALL COURTS

Open daily. Reservations are encouraged.

BIRTHDAY PARTIES & BUILIDNG 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 REOUIREMENTS

The Y is open to all ages. Youth age 9 and under must be directly supervised by a parent or quardian 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**

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• FIRECRACKER 5K/10K FUN RUN/WALK

- YMCA GOLF TOURNAMENT
- CATS INCREDIBLE 5K FUN RUN/WALK
- 1UI Y 4 JULY 30 SEPT 8
- Members and guests are asked to follow the YMCA **Code of Conduct** which is posted online and at the Y.

CONTACT INFORMATION

Bob McWilliams Darryl Marek Sidney Wagner Janine Jorgenson Jerry Kleven Adam Sorum Patti McEnroe Shawn Reich

President/CEO Sports Director Youth Development Director Child Care Director **Building & Grounds Director** Healthy Living Director Membership/Marketing Director **Fitness Center Coordinator**

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Altru

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POTENTIA

Y SPORTS YOUTH & ADULT

YOUTH SPORTS

ITTY BITTY SOCCER

June 7, 14, 21, 28 Age 3-4 Tuesdays: 5:20-6:00/6:10-6:50 pm

June 8, 15, 22, 29 Wednesdays: 5:20-6:00 pm Elks Park

Members \$30 / Non-members \$40

MIGHTY MITE BASKETBALL July 6, 13, 20, 27, Aug 3 Grades K & 1st (past school year) Wednesdays, Boys: 11:00-11:50 am Wednesdays, Girls: 12:00-12:50 pm YMCA Mini Gym Members \$40 / Non-members \$50

ITTY BITTY WHIFFLEBALL

July 12, 19, 26, Aug 2 Age 3-4 Tuesdays: 5:20-6:00/6:10-7:00 pm Elks Park Members \$30 / Non-members \$40

ITTY BITTY BASKETBALL

August 10, 17, 24, 31 Age 3-4 Wednesdays: 11:20-12:00/12:10-12:50 YMCA Mini Gym Members \$30 / Non-members \$40

CONTACT Darryl Marek: dmarek@gfymca.org



KARATE

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

Ongoing 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

ADULT NOON BASKETBAL Monday through Friday pickup games. ADULT NOON VOLLEYBALL

Tuesday/Thursday pickup games.

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

SPORTS ACADEMIES

BASKETBALL **Coach Justin Brunk**

BUILDING ESSENTIAL SKILLS & CONFIDENCE Grades 3-4: 6:30-7:30

Grades 5-6: 7:30-8:30 Wednesdays • June 1, 8, 15, 22, 29 \$50

VOLLEYBALL

FUNDAMENTALS OF VOLLEYBALL

Coach Katie Arthur Girls grades 3-4: 5:30-6:30 Girls grades 5-6: 6:30-7:30 Mondays • June 6, 13, 27 • \$30

FOOTBALL SKILLS

Coach Kyle Myers Sundays • June 5, 12, 26 1:00 pm • \$30

SPORTS ACCELERATION

INTRO TO STRENGTH TRAINING

For student athletes age 11+. TBA.

INTRO TO ATHLETIC PERFORMANCE

For competitive & recreational athletes in any sport, ages 11+. Schedule TBA.

'FREE ORIENTATIONS

- FREE FITNESS ORIENTATIONS
- PERSONAL FITNESS TRAINING
- YOUTH FITNESS MEMBERSHIP

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

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 • Monday through Thursday Choose from: 3:50-4:20 pm or 4:25-4:55 pm June 6-16/June 20-30/July 5-14/July 18-28/Aug 1-11 Members \$68/Non-members \$100

School Age Lessons

6-12 Years Old • Levels 1-6 • Monday through Thursday Choose from: 5:00-5:30 pm or 5:35-6:05 pm June 6-16/June 20-30/July 5-14/July 18-28/Aug 1-11 Members \$68/Non-members \$100

PARENT & ME LESSONS

Water Discovery / Water Exploration Saturdays: 10:00-10:30 & 10:30-11:00 am Sessions: June 4-25/July 2-23 Mem \$40 / Non-M \$55

LIFE JACKET CHECK-OUT Life jackets are available for check-out at no charge. Sizes infant to 90# and above. Call for details.

Sidney Wagner: swagner@gfymca.org

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



................. PRIVATE LESSONS Contact Sidney Wagner.

CONTACT

LIFEGUARD & WATER SAFETY

FULL LIFEGUARD CLASSES **American Red Cross Lifequard** June 3-5/July 8-10/Aug 5-7 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 June 5/July 10/Aug 7 8:00 am - 2:00 pm • \$105.00 / Must be 15 years of age.

WSI (Water Safety Instructor) June 10-12/July 15-17/Aug 12-14 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 TBA / Sat 8-5. Sun 8-3 • \$200

SAFETY CLASSES

CPR (BLS) Basic Life Support / AHA June 6/July 11/Aug 1 \$45 HEARTSAVER CPR, FIRST AID, AED COMBO June 9/July 14/Aug 4 \$80

PEDIATRIC HEARTSAVER CPR, FIRST AID, AED COMBO June 16/July 21/Aug 11 \$80

E-LEARNING \$25 Test in-house. Call for details. (Additional card fees: BLS \$19 / Combos \$23) (Visit www.elearning.heart.org for additional course fees)

CONTACT Janine Jorgenson: jjorgenson@gfymca.org

YMCA Summer Dav Camp

ADVENTURE CAMP & WILDERNESS CLUB Call the Y for availability.



