



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

OPEN/FAMILY SWIM

| | |
|-------------------|----------------|
| Monday-Friday | 2:00-3:00 pm |
| Monday-Thursday | 6:00-7:00 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



| | |
|-----------------------------------|---------|
| • FIRECRACKER 5K/10K FUN RUN/WALK | JULY 4 |
| • CATS INCREDIBLE 5K FUN RUN/WALK | JULY 30 |
| • YMCA GOLF TOURNAMENT | SEPT 8 |

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



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 building 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

SPORTS ACCELERATION

INTRO TO STRENGTH TRAINING

For student athletes age 11+
June 13-July 7/July 11-Aug 4
T/Th - 5:30 pm

INTRO TO ATHLETIC PERFORMANCE

For competitive & recreational athletes in any sport, ages 11+
June 13-July 7/July 11-Aug 4
Mon/Wed - 5:30 pm
*Free Demo - June 7, 8 - 6:00 pm

ADULT NOON BASKETBALL
Monday through Friday pickup games.
ADULT NOON VOLLEYBALL
Tuesday/Thursday pickup games.



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
Girls & Boys • \$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

CONTACT

Adam Sorum: asorum@gfymca.org

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 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

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
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

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

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.

