

# WELCOME TO THE Y



## 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, Fri	6:00 - 7:00 pm
Wednesday	6:30 - 7:30 pm
Saturday	7:00 - 8:55 am/12:00 - 1:25 pm
Sunday	12:00 - 1:25 pm

### OPEN/FAMILY SWIM

Mon, Fri	7:00 - 8:00 pm
Wednesday	7:30 - 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. Members and guests are asked to follow the **YMCA Code of Conduct** which is posted online and in the facility.

## CONTACT INFORMATION

Bob McWilliams	President/CEO	bmcwilliams@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
Caitlin Volkmann	Youth Sports Director	cvolkmann@gfymca.org
Patti McEnroe	Membership/Marketing Director	pmcenroe@gfymca.org
Shawn Reich	Fitness Center Coordinator	sreich@gfymca.org
Ann Vossekuil	Member Services Coordinator	avossekuil@gfymca.org

## MEMBERSHIP INFORMATION

### MEMBERSHIP FEES

Bank Draft	Monthly	3 Months
Youth (7 years - High School)	\$30.00	\$90.00
Individual College/Military/Senior	\$51.85	\$155.55
Individual Adult (age 19+)	\$61.00	\$183.00
Family	\$90.00	\$270.00
Military Family	\$81.00	\$243.00
Single Parent Family/College Family	\$81.00	\$243.00
Senior Couple	\$72.00	\$216.00

### 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. (Some exceptions may apply).

### PROGRAM DISCOUNTS FOR MEMBERS

Most of our YMCA programs offer discounted prices to Y members, including sports, swim lessons, personal training, and more.

### INSURANCE INCENTIVE PROGRAMS

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.

### Y AMENITIES

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, open/family swim, and more.

### CHOICE HEALTH & FITNESS

Enjoy **two** great facilities! Your Y membership includes general membership privileges at Choice Health & Fitness.



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



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# NEW BEGINNINGS START HERE

The Y: We're for Youth Development, Healthy Living, and Social Responsibility.

## ALTRU FAMILY YMCA PROGRAMS & SERVICES

# SPRING 2023



# Y SPORTS

Caitlin Volkmann: cvolkmann@gfymca.org

## YOUTH SPORTS

### Itty Bitty Wiffleball

Ages 3 and 4  
Saturdays • March 4, 11, 25, April 1  
NO CLASS MARCH 18  
9:20-10:00 & 10:10-10:50  
\$35 member/\$45 non-member

### Youth Indoor Soccer

Age 5-Grade 3  
Saturdays • March 4, 11, 25, April 1, 8  
NO CLASS MARCH 18  
11:00-11:50  
\$44 member /\$54 non-member

### Youth Volleyball

Grades 2-6  
Saturdays • March 4, 11, 25, April 1, 8  
NO CLASS MARCH 18th  
9:00-9:50  
\$44 member/\$54 non-member

### Mighty Mite Girls Basketball

Age 5-Grade 1  
Saturdays • March 4, 11, 25, April 1, 8  
NO CLASS MARCH 18  
10:00-10:50  
\$44 member/\$54 non-member

### Mighty Mite Boys Basketball

Age 5-Grade 1  
Saturdays • March 4, 11, 25, April 1, 8  
NO CLASS MARCH 18  
11:00-11:50 & 12:00-12:50  
\$44 member/\$54 non-member

### Girls and Boys Spring YBL

Grades 2-3 and Grades 4-6  
Tuesdays and Thursdays  
April 11 - May 18  
5:30-8:30  
\*Information will be given out via email prior to the start of the season.\*  
\$65 member/\$85 non-member

### Itty Bitty Basketball

Ages 3 and 4  
Saturdays • May 6, 13, 20, 27  
9:20-10:00 and 10:10-10:50  
\$35 member/\$45 non-member

### Karate

Build confidence, self-discipline, character, a healthy body and more!  
Ongoing schedule. • Youth age 6-12  
Wed: 7:15-8:15  
Friday: 6:00-7:00 pm  
Saturday: 11:15am-12:15pm  
\$25/\$30 per month

### YMCA YOUTH BASKETBALL TOURNAMENT

Due to stormy weather, the tournament has been postponed. A new date will be announced.



## SPORTS ACADEMIES

### FOOTBALL

Offensive Playmakers  
Offensive/Defensive Line  
Quarterback Lab , Skills Camps

### VOLLEYBALL

Intro to Volleyball  
Defensive Strategies, Fundamentals

### BASKETBALL

Offensive, Defensive and Warriors Camps

For current schedules and detailed information, visit our web site or Contact Adam Sorum.



www.gfymca.org • asorum@gfymca.org

### HOME SCHOOL PE

Physical Education Program for home schooled students.  
• Jan 18-Apr 12, 2023  
• Age 5-17 years  
• Wednesdays, 2:00-3:00 pm  
• Contact Sidney Wagner

### Adult Noon Pickup Basketball

Monday= through Friday pickup games.

### Adult Noon Pickup Volleyball

Tuesday/Thursday pickup games.

# Y ADULT FITNESS

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



The **Y Fitness Center** features a beautiful, well-maintained space with state-of-the-art cardio, strength, stretching, and dedicated Olympic strength areas, including wheelchair accessible equipment - all within easy access to the Nautilus strength circuit - 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, boxing, water exercise, and more. Group fitness schedules are published regularly and may be obtained at the Y or at: www.gfymca.org.

Tours of the facility are available any time for walk-ins or by appointment. Please call or visit our web site for details on programs and services.

### 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
- CARDIAC/PULMONARY PHASE 3

# Y AQUATICS & SAFETY

Sidney Wagner: swagner@gfymca.org

## GROUP SWIM 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 • Tuesday & Thursday  
Choose from: 4:00 pm or 4:35-pm  
Mar 14-Apr 6, Apr 11-May 4  
Member \$73/Non-member \$107

### School Age Lessons

6-12 Years Old • Levels 1-6 • Tuesday & Thursday  
Choose from: 5:10 pm or 5:45 pm  
Mar 14-Apr 6, Apr 11-May 4  
Member \$73/Non-member \$107

## PARENT & ME SWIM LESSONS

**Saturdays**  
10:00 & 10:30am  
Mar 11-Apr 1, Apr 8-29  
Member \$47/Non-Member \$58

**Wednesdays**  
6:00-6:30pm  
Mar 15-Apr 5  
Member \$47/Non-Member \$58

## PRIVATE SWIM 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.



## LIFEGUARD & WATER SAFETY

### FULL LIFEGUARD CLASSES

**American Red Cross Lifeguard**  
Mar 18-19, Apr 15-16, May 6-7, May 20-21  
Sat: 8 am-4 pm / Sun: 8 am-3:00 pm  
\$225 / Must be 15 years of age.

### RECERT LIFEGUARD CLASSES

Mar 19, Apr 16, May 7, May 21  
8:00 am - 2:00 pm • \$105.00 / Must be 15 years of age.

### WSI (Water Safety Instructor)

Mar 25-26, Apr 22-23, May 13-14  
Fri: 5-10 pm / Sat: 8 am-6 pm / Sun: 8 am-4:30 pm  
Must be 16 years of age. • \$225

## SAFETY CLASSES



### CPR (BLS)

Basic Life Support / AHA  
Apr 3, May 1 \$45

### HEARTSAVER CPR, FIRST AID, AED COMBO

Apr 5, May 3 \$80

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

Apr 12, May 10 \$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 CHILD CARE

Janine Jorgenson: jjorgenson@gfymca.org

## 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

### PARENTS NIGHT OFF KIDS NIGHT IN

April 7 • May 5  
• 6:00-8:45 pm  
• \$20 (+\$10 per sibling)  
• Age 3-12. Must be potty trained.



### Summer Camp Registration

Adventure Camp & Wilderness Club  
Opens: **Monday, April 3 • 8:00 am**  
Register & pick up packets at Y Member Services.