

# 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 through Friday	6:00 - 8:30 am/11:30-1:30 pm
Saturday	7:00 - 9:00 am/12:00 - 1:30 pm
Sunday	12:00 - 1:30 pm

\* SCHEDULE EFFECTIVE JUNE 5, 2023. \*

### OPEN/FAMILY SWIM

Monday through Friday	2:00 - 3:00 pm
Tuesday & Thursday	6:30 - 7:30 pm
Saturday & Sunday	2:00 - 5:00 pm

\* SCHEDULE EFFECTIVE JUNE 5, 2023. \*

### 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

Two courts are 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 / PERSONAL ITEMS

Tall and kit lockers are available for rent and daily use at no charge. Yearly prices are \$65/tall locker & \$30/kit locker. Visit Member Services for details. Please lock any valuables in a locker (locks are available for \$6 at Member Services).

### 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

Members and guests are asked to follow the YMCA Code of Conduct which is posted online and in the facility.

## 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. Tours are available any time.

### CHOICE HEALTH & FITNESS

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



## 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
Parker Stockert	Sports Director	pstockert@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



**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)



# NEW BEGINNINGS START HERE



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



**ALTRU FAMILY YMCA PROGRAMS & SERVICES**  
**Summer 2023**



## SPORTS



### YOUTH SPORTS

#### Itty Bitty Basketball

Ages 3 & 4  
Saturdays • May 6-27  
9:20-10:00 am  
10:10 am-10:50 am  
\$35 Members/\$45 Non-member

#### Itty Bitty Soccer

Ages 3 & 4  
Tuesdays • June 6-27  
5:20-6:00 pm  
6:10-6:50 pm  
\$35 Members/\$45 Non-members

#### Itty Bitty Wiffleball

Ages 3 & 4  
Tuesdays • July 11-August 1  
5:20-6:00 pm  
6:10-6:50 pm  
\$35 Members/\$45 Non-members

#### Karate

Build confidence, self-discipline, character, a healthy body and more!

Ongoing schedule:

- Youth age 6-12  
Wed: 7:15-8:15  
Friday: 5:00-6:00 pm  
Saturday: 11:15am-12:15pm
- Adult  
Wed: 7:15-8:45  
Friday: 5:00-6:00 pm  
Saturday: 11:15am-12:45pm  
\$25/\$30 per month

#### ADVENTURE CAMP

Adventure Camp is an unlicensed summer day camp for kids age 5-12. The children explore area communities and parks. Snacks are provided. Contact Sidney Wagner for details. Starts June 5.

## SPORTS ACADEMIES

### FOOTBALL & VOLLEYBALL TBA

#### BASKETBALL

##### 2-MAN GAME

TBA • 5:30 pm  
Gr 4-8  
\$30

For current schedules and detailed information, visit our web site or Contact Adam Sorum: 701-775-2586 / asorum@gfymca.org.

New!

#### SPEED, AGILITY & STRENGTH TRAINING

Designed to inform, educate and motivate young athletes - for middle school age and up.

- June 12, 14, 19, 21, 26, 28
- July 10, 12, 17, 19, 24, 26
- August 2, 7, 9, 14, 16

Sonia Kraft: 701-775-2586 /



#### ADULT PICKUP GAMES

- Basketball - Noon - M-F
- Volleyball - Noon - T/Th

## AQUATICS & SAFETY



### SAFETY CLASSES



#### CPR (BLS)

Basic Life Support / AHA  
5/1, 6/5, 7/10, 8/7 \$45

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

5/3, 6/8, 7/13, 8/10 \$80

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

5/10, 6/22, 7/20, 8/17 \$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)

#### Outdoor Water Exercise @ Elks Pool Starts June 5.

See Aquatics Schedule.

## 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 Swim Lessons

Monday-Thursday (8-sessions)  
4:00-4:30 & 4:35-5:05 pm

- June 12 - 22
- June 26 - July 6 (No July 4th Class)
- July 10 - 20
- July 24 - August 3
- August 7 - 17

Member: \$73, Non-Member: \$107

#### School Age Swim Lessons

Monday-Thursday (8-sessions)  
5:10-5:40 & 5:45-6:15 pm

- June 12 - 22
- June 26 - July 6 (No July 4th Class)
- July 10 - 20
- July 24 - August 3
- August 7 - 17

Member: \$73, Non-Member: \$107

#### Parent & Me Swim Lessons

Saturdays  
10:00 am & 10:30 am

- June 3-24
- July 8-29

Member: \$47, Non-Member: \$58



#### 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  
June 3-4, July 1-2, Aug 5-6, Sept 17  
Sat: 8 am-4 pm / Sun: 8 am-3:00 pm  
Must be 15 years of age. \$225

#### RECERT LIFEGUARD CLASSES

June 4, July 2, Aug 6, Sept 17  
8:00 am - 2:00 pm.  
Must be 15 years of age. \$105.00

#### WSI (Water Safety Instructor)

June 10-11, July 8-9, Aug 12-13, Sept 23-24  
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

June 17-18  
\$200

### EVENTS



Firecracker 5K/10K	Tuesday, July 4	8:00 am
Healthy Kids Day	TBA	
YMCA Golf Tournament	Sept 7, 2023	11:00 am

## FITNESS



### PERSONAL FITNESS TRAINING

Personal Fitness Training is available for individuals, groups and families. Physical assessments, including body fat analysis are also available.

## FITNESS CENTER

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. Contact Shawn Reich, Coordinator.

### GROUP FITNESS CLASSES

Y Group Fitness classes feature cardio, strength, stretching, mind/body, dance-based, group cycling, boxing, water exercise, SilverSneakers and more. Group fitness schedules are published regularly and may be obtained at the Y or at: [www.gfymca.org](http://www.gfymca.org). Contact Sonia Kraft, Coordinator.

### Y SPECIAL PROGRAMS

The Y offers programs for special populations such as Med Fit, Parkinson Wellness, Rock Steady Boxing, LIVESTRONG at the YMCA and Cardiac/Pulmonary Phase 3. Contact Adam Sorum or Shawn Reich.

### Y FREE ORIENTATIONS

Free orientations are available including Fitness Center, Personal Fitness, Youth Fitness, Nautilus, and more. Contact Shawn Reich or Adam Sorum.

## CHILD CARE



### WILDERNESS CLUB

Wilderness Club is a licensed summer day camp program for children who have completed Kindergarten through age 12. Participants enjoy day trip to area parks, and meals are provided. Contact Janine Jorgenson for details. Starts June 5.

## YMCA EDUCATIONAL CENTER

### BABY BAY

Your infant's day is tailored to suit his/her individual schedule and needs. Age 6 weeks-12 months.

### 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

### 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.