

WELCOME TO THE Y



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	5:45-8:30 am/11:30-1:30 pm
Monday & Friday	6:00-7:00 pm
Wednesday	6:30-7:30 pm
Saturday	7:00 – 8:55 am/12:00 – 1:30 pm
Sunday	12:00 – 1:30 pm

OPEN/FAMILY SWIM

Monday & Friday	7:00-8:30 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 occur). Please call the Y to confirm availability.

RACQUETBALL & PICKLEBALL COURTS

Two courts are open daily. Call to reserve a time.

Y AMENITIES

Your membership privileges include: use of two 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.

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).

YMCA CODE OF CONDUCT

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

Y MEMBERSHIP INFORMATION

MEMBERSHIP FEES

	Monthly	3 Months
Youth (7 years – High School)	\$35.00	\$105.00
Individual College/Military/Senior	\$53.55	\$160.65
Individual Adult (age 19+)	\$63.00	\$189.00
Family	\$96.00	\$288.00
Military Family	\$86.40	\$259.20
Single Parent Family/College Family	\$86.40	\$259.20
Senior Couple	\$76.80	\$230.40

* A \$8.00 invoice fee is applied to one month memberships that are not on a bank draft or are enrolled for less than 3 months (some exceptions apply).

NATIONWIDE MEMBERSHIP PRIVILEGES

Through the Nationwide Membership program, Y 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 – good for YMCA memberships only).

TWO GREAT FACILITIES – ONE MEMBERSHIP

Your YMCA Membership includes general membership privileges at **Choice Health & Fitness**, giving you unlimited program choices!

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.

AGE REQUIREMENTS

YMCA FACILITY: Youth under age 10 must be accompanied and directly supervised by a parent or guardian age 14 and over. Youth age 10 and over may use designated areas unaccompanied such as the lobby, gymnasiums, racquetball courts, and boys and girls locker rooms.

FITNESS CENTER: Individuals age 15 and over have full access to the Fitness Center cardio and weight areas. Youth age 10-14 may use the Fitness Center when directly supervised by an adult. Youth age 10 and over must complete a Youth Fitness Orientation training to use approved fitness center equipment. Youth under age 15 must be directly supervised by a parent or guardian to use the Boxing area.

POOL: Age 6 months – 5 years: an adult must be with/next to the child at all times. Age 6-12: may be in the pool as long as a parent is in the building. Age 13 and over may use the pool any time unaccompanied.

TRACK: Youth under age 12 must be accompanied/supervised by an adult.



Follow us on Facebook and Instagram!



CONTACT INFORMATION

Bob McWilliams
Janine Jorgenson
Curt Kotrba
Adam Sorum
Patti McEnroe
Danny Ray
Ann Vossekuil
Kari Riel
Chad Peterson
Shawn Holweger

President/CEO
Child Care Director
Building & Grounds Director
Healthy Living Director
Membership/Marketing Director
Sports & Camp Director
Member Services Coordinator
Payroll/Accounts Payable Admin
Childcare & Membership Billing
Youth Development Director

bmcwilliams@gfymca.org
jjorgenson@gfymca.org
ckotrba@gfymca.org
asorum@gfymca.org
pmcenroe@gfymca.org
dray@gfymca.org
avossekuil@gfymca.org
kriel@gfymca.org
cpeterson@gfymca.org
sholweger@gfymca.org

FIND WHAT MOVES YOU



FIND YOUR Y



Scan to visit our web site.

SPRING 2025

www.gfymca.org
701.775.2586



TWO GREAT FACILITIES – ONE MEMBERSHIP
Enjoy two great facilities! Your Y membership includes general membership privileges at Choice Health & Fitness.

SPORTS

Contact Danny Ray
dray@gfymca.org

YOUTH SPORTS



Boys & Girls YBL
(Youth Basketball League)
Apr 10-May 15 • Tuesdays & Thursdays
Gr 2-3: 5:30-6:30 pm
Gr 4-6: 6:30-7:30 pm
\$75 Members / \$90 Non-members

Itty Bitty Basketball
Saturdays • April 26-May 17 • Ages 3-4
9:30-10:10 & 10:20-11:00 am
\$52 Members / \$62 Non-members

Mighty Mite Basketball
Saturdays • April 26-May 17 • Ages 5-6
10:00-10:50 & 11:00-11:50 am
\$52 Members / \$62 Non-members

Itty Bitty Outdoor Soccer
Tuesday • May 20-June 12 • Ages 3-4
5:30-6:10 & 6:20-7:00 pm
\$52 Members / \$62 Non-members

Golf Lessons – New!

- For all ages & skill levels.
 - Using our Trackman IO Simulator indoors.
 - Outdoors in the summer.
 - 45 minute sessions.
 - Call to register & schedule.
- \$50 - 1 lesson • \$120 - 3 lessons
\$175 - 5 lessons



Karate
Youth age 6-12 / Wed., Fri., Sat.
Members \$30/mo • Non-members \$35/mo

YMCA DAY CAMPS

Adventure Camp is an unlicensed summer day camp for kids age 5-12. The children explore area communities and parks. Children bring their own nut-free lunch. Snacks are provided. Each week follows a fun theme. Contact Danny Ray for details.

Wilderness Club is a licensed childcare summer program for children who have completed kindergarten through age 12. Children explore Grand Forks parks, while transportation is provided to baseball, softball and golf (fee applies). Hours are 6:30 am - 6:00 pm. Contact Janine Jorgenson for details.

SPORTS ACADEMIES

Football • Basketball • Volleyball
Sports Performance • Athletic Movement

Football Camp April 17, 24, May 1
April 27, May 4 & 11
Volleyball May 12, 15, 19
Basketball TBA
Athletic Movement Training TBA

Contact Adam Sorum: asorum@gfymca.org

ADULT SPORTS

Adult Noon Pick Up Games
Basketball M-F • Volleyball T/Th

Pickleball
Mini Gym - Call to reserve court time.
Pickup game every Friday, 12 - 1:30 pm.

Racquetball
Court reservation encouraged. New!

Golf – Trackman IO Simulator
Call to reserve tee time. One hour minimum.

AQUATICS & SAFETY

Contact Shawn Holweger
sholweger@gfymca.org

WATER SAFETY




FULL LIFEGUARD CLASSES

American Red Cross Lifeguard
Jan 11-12/Feb 15-16/Mar 15-16/Apr 5-6, 26-27/May 17-18/June 7-8
Saturday & Sunday / 8:00-5:00
Must be 15 years of age. \$230

RECERT LIFEGUARD CLASSES

Jan 12/Feb 16/Mar 16/Apr 6/May 18/June 8
8:00 am - completion.
Must be 15 years of age. \$110.00

WSI (Water Safety Instructor)

Jan 25-26/Feb 22-23/Mar 22-23/Apr 12-13
May 3-4, June 14-15
Fri: 5-10 pm / Sat: 8 am-6 pm /
Sun: 8 am-4:30 pm 

CERTIFIED POOL OPERATOR

Feb 1-2/Mar 29-30/May 10-11 \$350
CPO RECERT \$152 **CPO FUSION** \$131
Feb 2/Mar 30/May 11

SWIM LESSONS

Swim Lesson Registration
Opens January 2, 2025

PRESCHOOL

Tuesday & Thursday • Age 3-5
Levels 1-3
4:00-4:30 pm & 4:40-5:10 pm
Jan 21-Feb 13 / Feb 18-Mar 13 / Mar 18-April 10 / April 15-May 8
Member: \$81, Non-Member: \$114

SCHOOL AGE

Tuesday & Thursday • Age 6-13
Levels 1-6
5:20-5:50 pm & 6:00-6:30 pm
Jan 21-Feb 13 / Feb 18-Mar 13 / Mar 18-April 10 / April 15-May 8
Member: \$81, Non-Member: \$114

PARENT & ME

Saturdays
10:00-10:30 & 10:30-11:00 am
Jan 25-Feb 15 / Feb 22-Mar 15 / Mar 22-April 12 / April 19-May 10
Wednesdays
6:00 -6:30 pm
Jan 22-Feb 12 / Feb 19-Mar 12 / Mar 19-April 9 / April 16-May 7
Member: \$50, Non-Member: \$63

ADULT

Saturday & Sunday / 11:00-11:55 am
Mar 15-30
Thursday / 6:45-7:30 pm
Jan 30-Mar 6 / April 3-May 8
Member: \$67, Non-Member: \$87

LEVELS 1-6

Water Acclimation; Water Movement; Water Stamina; Stroke Introduction; Stroke Development; Stroke Mechanics. **Level 1-2:** little to no experience, cannot swim in deep end, can't tread water. **Level 3:** some experience, can't swim in deep end without life jacket (age 6+). **Level 4-6:** experienced, can do most strokes, can swim in deep end without lifejacket.

AGE GROUPS

All age groups are taught the same skills but are divided according to their developmental milestones. Visit our web site for detailed information.

CPR & FIRST AID

CPR (BLS)

Basic Life Support / AHA 6 pm \$45
1/6, 2/3, 3/3, 4/7, 5/5


HEARTSAVER CPR, FIRST AID, AED COMBO

1/8, 2/5, 3/5, 4/9, 5/7 6 pm \$80

PEDIATRIC HEARTSAVER CPR, FIRST AID, AED COMBO

1/15, 2/12, 3/12, 4/16, 5/14 6 pm \$80

E-LEARNING

Test in-house. Call the Y for details and to set up an appointment for testing.
With card fees BLS: \$44
With card fees Heartsaver: \$48
Visit www.elearning.heart.org for additional course fees. 

FITNESS

Contact Adam Sorum
asorum@gfymca.org

FITNESS CENTER

Y Group Fitness classes feature cardio, strength, stretching, mind/body, dance-based, group cycling, boxing, water exercise, SilverSneakers and more. Enjoy yoga in our heated studio. Group fitness schedules are published monthly. Contact Sonia Kraft.



GROUP FITNESS

The Y Fitness Center features a beautiful, well-maintained space with state-of-the-art cardio, strength, stretching, boxing, 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 Adam Sorum.

The Y also features two gymnasiums, a walk/run track, raquetball courts, locker rooms (youth, adult & family) and more!

PERSONAL TRAINING

Personal Fitness Training is available for individuals, groups and families. Physical assessments, including body fat analysis are also available. Contact Sonia Kraft, Adam Sorum, or Al Hager.

SPECIAL PROGRAMS

The Y offers specialty programs like:
• Med Fit
• Parkinson Wellness
• Rock Steady Boxing
• LIVESTRONG at the YMCA
• Cardiac/Pulmonary Phase 3
Contact Adam Sorum or Patti McEnroe.

CHILD CARE

Contact 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.

PRESCHOOL

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.



Homeschool P.E.

Feb 5-April 30
Wednesdays, 2:00-3:00 pm
Ages 5 - 17 years.
First Child \$90 (additional child \$80)

Parents Night Off Kids Night In

Fridays: Feb 7 / Mar 7 / April 4 / May 2
Ages 3-12 / 6:00-8:45 pm
Must be potty trained.
\$26 (additional child \$13)