

# 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	6:45–8:00 pm
Wednesday	7:00–8:00 pm
Friday	4:00–6:00 pm
Saturday	7:00 – 9:00 am/12:00 – 1:30 pm
Sunday	12:00 – 1:30 pm

### OPEN/FAMILY SWIM

Monday through Friday	2:00–3:00 pm
Tuesday & Thursday	6:45–8:00 pm
Friday	6:00–8:00 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 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.



Follow us on Facebook and Instagram!



## 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, raquetball 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.

## 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

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# FIND YOUR SUMMER FUN

## SUMMER 2025

# FIND YOUR Y

[www.gfymca.org](http://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



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

**Youth Golf – New!**  
Tuesday & Friday • June 3-July 22  
Valley Golf Course • Ages 3-15+  
9:00-9:45 am & 10:00-10:45 am  
\$150 Members / \$200 Non-members

**Itty Bitty Whiffleball**  
Tuesdays • Ages 3-4 • June 24-July 15  
5:30-6:10 & 6:20-7:00 pm  
\$52 Members / \$62 Non-members

**Itty Bitty Basketball**  
Tuesdays • July 29-August 19 • Ages 3-4  
5:30 & 6:20 pm • YMCA Mini Gym  
\$52 Members / \$62 Non-members

**Itty Bitty Outdoor Soccer**  
Tuesdays • September 2-23 • Ages 3-4  
5:30 & 6:20 pm • Elks Field  
\$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



### WHAT'S COMING UP?



50 Mile Swim Challenge	June 2 - Sept 30
Sand Volleyball Tourney	TBA
Firecracker 5K/10K	July 4, 8:00 am
Healthy Kids Day	July 16

## SPORTS ACADEMIES

**Youth Football** • 5/18, 25, 6/1  
• 6/12, 6/19, 6/26  
• 7/6, 7/13, 7/20  
• TBA  
• June 22 & 29  
**Volleyball** • 6/2-26 • 6/30-7/24  
**Basketball** • 7/28-8/14 • 6/2-8/14  
**Athletic Movement**

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.

**Golf – Trackman IO Simulator**  
Call to reserve tee time. One hour minimum.  
\* Available September – May only\*

### Parents Night Off Kids Night In

Fridays: June 6/Aug 1/Sept 5  
Ages 3-12 / 6:00-8:45 pm  
Must be potty trained.  
\$26 (additional child \$13)



# 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.

# AQUATICS & SAFETY

Contact Shawn Holweger  
sholweger@gfymca.org

## WATER SAFETY



### FULL LIFEGUARD CLASSES

American Red Cross Lifeguard  
June 7-8/July 19-20/Aug 9,10/Sept 6,7  
Saturday & Sunday / 8:00-5:00  
Must be 15 years of age. (\$230)

### RECERT LIFEGUARD CLASSES

June 8/July 20/Aug 10/Sept 7  
8:00 am – completion.  
Must be 15 years of age. (\$110.00)

### WSI (Water Safety Instructor)

July 12-13, Aug 16,17, Sept 13,14  
Fri: 5-10 pm / Sat: 8 am-6 pm /  
Sun: 8 am-4:30 pm  
Must be 16 years of age. (\$230)



### CERTIFIED POOL OPERATOR

June 28-29/July 26-27/Aug 23-24/  
Sept 20-21 (\$350)  
CPO FUSION (\$350) CPO RECERT (\$152)  
June 29/July 27/Aug 24/Sept 21

## SWIM LESSONS

### PRESCHOOL

Mon, Tues, Wed, Thurs • Age 3-5  
Levels 1-3  
4:00-4:30 pm & 4:40-5:10 pm  
June 2-12; June 16-26; June 30-July 10;  
July 14-24; July 28-Aug 7; Aug 11-21  
Member: \$81, Non-Member: \$114

### SCHOOL AGE

Mon, Tues, Wed, Thurs • Age 6-13  
Levels 1-6  
5:20-5:50 pm & 6:00-6:30 pm  
June 2-12; June 16-26; June 30-July 10;  
July 14-24; July 28-Aug 7; Aug 11-21  
Member: \$81, Non-Member: \$114

### PARENT & ME

Saturdays  
10:00-10:30 & 10:30-11:00 am  
June 7-28  
Wednesdays  
6:30-7:00 pm  
June 4-25; July 9-30  
Member: \$50, Non-Member: \$63

**Outdoor Water Ex**  
Starts June 10 @ Elks Pool

**Life Jacket Check-Out**  
Infant – 90 lbs + / Free



### 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 \$45  
6/2, 7/7, 8/4, 9/8, 10/6, 11/3, 12/1 6 pm  
**HEARTSAVER CPR, FIRST AID, AED COMBO**

6/5, 7/10, 8/7, 9/10, 10/1, 11/5, 12/3 \$80  
6 pm

**PEDIATRIC HEARTSAVER CPR, FIRST AID, AED COMBO** 6 pm \$80

6/12, 7/17, 8/14, 9/17, 10/15, 11/12, 12/10  
**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](http://www.elearning.heart.org) for additional course fees.



# 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.

### 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.