

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

**LAP & OPEN SWIM
Times Effective
August 25**

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.

 **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

  Follow us on Facebook and Instagram!



CONTACT INFORMATION

Bob McWilliams
Janine Jorgenson
Curt Kotrba
Adam Sorum
Patti McEnroe
Breon Quintero
Ann Vossekuil
Kari Riel
Chad Peterson

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

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



FIND YOUR JOY

FIND YOUR Y

Fall 2025

Altru Family YMCA

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 Breon Quintero
bquintero@gfymca.org

YOUTH SPORTS

SPORTS ACADEMIES



Itty Bitty Outdoor Soccer
Tuesdays • September 2-23 • Ages 3-4
5:30 & 6:20 pm • Elks Field
\$52 Members / \$62 Non-members

Itty Bitty Basketball
Sept 13 - Oct 4 • Saturdays • Age 3-4
9:30-10:10 & 10:20-11:00 am
\$50 Members / \$60 Non-members

Mighty Mite Basketball
Sept 13 - Oct 4 • Saturdays • Gr K-1
Girls: 9:00-9:50 am
Boys: 10:00-10:50 am
\$50 Members / \$60 Non-members

Itty Bitty Wiffleball
Oct 11 - Nov 1 • Saturdays • Age 3-4
9:30-10:10 & 10:20-11:00 am
\$50 Members / \$60 Non-members

Mighty Mite Basketball
Oct 11 - Nov 1 • Saturdays • Gr K-1
Girls: 9:00-9:50 am
Boys: 10:00-10:50 am
\$50 Members / \$60 Non-members

Girls Youth Basketball League (YBL)
Oct 7 - Nov 13 • Tues/Thurs
Grades 2-3: 5:30-6:30 pm
Grades 4-6: 6:45-7:45 pm
\$65 Members / \$85 Non-members
Location: Kelly School & the YMCA

Itty Bitty Soccer
Nov 8-29 • Saturdays • Age 3-4
9:30-10:10 & 10:20-11:00 am
\$50 Members / \$60 Non-members

Happy Feet Soccer
Nov 8-29 • Saturdays • Gr K-1
Girls: 9:00-9:50 am
Boys: 10:00-10:50 am
\$50 Members / \$60 Non-members

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

Football, Volleyball, Basketball, 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.

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

Adult Volleyball League

- Power 3 Sept 24-Dec 17
- Power 4,6 Sept 29-Dec 17

Registration opens Aug 10.



YMCA YOUTH BASKETBALL TOURNAMENT

- Saturday, November 15
- Girls & Boys Grades 3-8



FITNESS

Contact Adam Sorum
asorum@gfymca.org

FITNESS CENTER

GROUP FITNESS

PERSONAL TRAINING

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.



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 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

WATER SAFETY

SWIM LESSONS



FULL LIFEGUARD CLASSES

American Red Cross Lifeguard
Sept 6, 7 / Nov 1, 2
Sat: 8 am-5 pm / Sun: 8 am-completion.
Must be 15 years of age. (\$230)

RECERT LIFEGUARD CLASSES

Sept 7 / Nov 2
8:00 am - completion.
Must be 15 years of age. (\$110.00)

WSI (Water Safety Instructor)

Sept 13, 14 / Nov 15, 16
Sat: 8 am-5 pm / Sun: 8 am-completion.
Must be 16 years of age. (\$230)

CERTIFIED POOL OPERATOR

Sept 20-21 / Nov 8, 9 (\$350)
CPO FUSION (\$350) CPO RECERT (\$152)
Sept 21 / Nov 9

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



PRESCHOOL

Tuesday & Thursday • Age 3-5
Levels 1-3
4:00-4:30 pm & 4:40-5:10 pm
Aug 26-Sept 18 / Sept 23-Oct 16
Oct 21-Nov 13 / Nov 18-Dec 11
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
Aug 26-Sept 18 / Sept 23-Oct 16
Oct 21-Nov 13 / Nov 18-Dec 11
Member: \$81, Non-Member: \$114

PARENT & ME

Saturdays
10:00-10:30 am
Aug 2-23 / Aug 30-Sept 20
Sept 27-Oct 18 / Oct 25-Nov 15
Nov 22-Dec 13

Wednesdays

6:00-6:30 pm
Sept 3-24 / Oct 1-22 / Oct 20-Nov 19
Nov 26-Dec 17

Member: \$50, Non-Member: \$63

ADULT

Sundays

11:00-11:50 am
Oct 5-Nov 9 / Member \$67, Non Mem \$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 \$45
9/8, 10/6, 11/3, 12/8 6 pm ??
HEARTSAVER CPR, FIRST AID, AED COMBO

9/10, 10/1, 11/5, 12/3 6 pm \$80
PEDIATRIC HEARTSAVER CPR, FIRST AID, AED COMBO 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.



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.

Parents Night Off Kids Night In

Fridays: Aug 1/Sept 5/Oct 3/Nov 7/Dec 5
Ages 3-12 / 6:00-8:45 pm
Must be potty trained.
\$26 (additional child \$13)



HOMESCHOOL P.E.

Wednesdays
2:00-3:00 pm
September 10-November 19
Ages 5-17
First Child: \$90/Addl Child: \$80

