



**FIND YOUR SPORT.  
FIND YOUR Y.**

**Altru Family YMCA 2025**

## **Fall Youth Sports & Swim Lessons**



Scan Here  
[www.gfymca.org](http://www.gfymca.org)

Altru Family YMCA • 215 N 7th St • Grand Forks, ND 58203 • [www.gfymca.org](http://www.gfymca.org) • (701) 775-2586

### **YOUTH SPORTS**

**Register Online or Call (701) 775-2586**



#### **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

**Contact Breon Quintero**  
[bquintero@gfymca.org](mailto:bquintero@gfymca.org)

#### **Karate**

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

#### **YOUTH BASKETBALL CLINIC**

- Pre-season Tune Up – Oct 3–25
- Middle School & High School
- Fridays 6–8 pm / Saturdays 5–8 pm

#### **YMCA YOUTH BASKETBALL TOURNAMENT**

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



#### **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)



### **SWIM LESSONS**

**Call (701) 775-2586**



#### **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**  
Aug 2–23 / Aug 30–Sept 20  
Sept 27–Oct 18 / Oct 25–Nov 15  
Nov 22–Dec 13  
**Wednesdays**  
**6:30–7:00 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



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

#### **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.

#### **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.

**Visit our web site for information about Lifeguard, WSI, CPO, & CPR/First Aid/AED classes.**