

SPORTS

Breon Quintero • bquintero@gfymca.org

YOUTH SPORTS



Boys YBL (Youth Basketball League)
Monday & Tuesday • Jan 12 - Feb 24
 Gr 2-3: 5:30-6:30 pm
 Gr 4-6: 6:30-7:30 pm
 \$65 Members / \$85 Non-members

Mighty Mite Basketball
Saturdays • Age 5-6 • Jan 10-31
 Girls & Boys: 10:00-10:50 am
 \$40 Members / \$50 Non-members

Itty Bitty Basketball
Saturdays • Age 3-4 • Jan 10-31
 10:30-11:30 am
 \$40 Members / \$50 Non-members

Water Basketball
Saturdays • Feb 7-28
 Youth age 6-12: 11:00 am - 12:00 pm
 \$50 Members & Non-members

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

Active Play
Saturdays • Feb 7-28
 Youth age 4-6: 10:30 11:15 am
 Youth age 7-10: 11:15 am-12:00 pm
 \$50 Members & Non-members
 (Includes fun, active games like capture the flag, obstacle courses and more.)

Itty Bitty Golf
Saturdays • Jan. 10, 17, 24, 31
 Youth age 3-4 • 9:00-9:30 (Main Gym)
 \$52 Members / \$62 Non-members

Mighty Mite Golf
Saturdays • Jan. 10, 17, 24, 31
 Youth age 5-6 • 9:40-10:10 (Main Gym)
 \$52 Members / \$62 Non-members

Youth Basketball Tournament
February 28 • 8:00 am - 9:00 pm
 Girls & Boys Gr 5-8 • Central HS
 \$200/Team



Golf Lessons
 Instructor: Donny Riendeau
 All ages & skill levels. Call to schedule.
 Sessions: 1 (\$50), 3 (\$120), 5 (\$175) 45 min.



SPORTS ACADEMIES

FOOTBALL
Youth Football Camp - Football 102
 December 7, 14, 21 • Gr 2+ • 6:30-7:30 pm
Offensive/Defensive Line Tech School
 December 7, 14, 21 • Gr 6-11 • 8:00-9:00 pm
Youth Football Camp - Football 101
 January 4, 11, 18 • Gr 2+ • 6:30-7:30 pm
Youth Football Camp - Football 102
 January 15, 22, 29 • Gr 2+ • 6:30-7:30 pm
 (At Sports Advantage - 1375 S Columbia Rd)
 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 games: M/W/F, 12:00 pm - 1:30 pm
 Sunday, 11:00 am - 1:00 pm

Racquetball
 Court reservation encouraged.

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

Adult Volleyball League
 January 21 - April 8, 2026
 Social: Jan 7 & Jan 14

PROGRAM INFORMATION & PRICING IS SUBJECT TO CHANGE.

FITNESS

Adam Sorum • asorum@gfymca.org

FITNESS CENTER

The Y Fitness Center features a beautiful, well-maintained space with state-of-the-art cardio and strength equipment, wheelchair accessible equipment, stretching areas, boxing area, a complete Nautilus strength circuit, and a dedicated Olympic strength weight room, 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, pickleball courts, locker rooms (youth, adult & family) and more!

GROUP FITNESS

Y Group Fitness classes serve people of all ages, including 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.



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

Freddie Brown • fbrown@gfymca.org

WATER SAFETY



FULL LIFEGUARD CLASSES
American Red Cross Lifeguard
Sat: 8 am-5 pm / Sun: 8 am-completion.
 Feb 7-8 / Mar 7-8 / Apr 11-12 / May 16-17 / June 6-7 / July 11-12
 Must be 15 years of age. (\$230)

RECERT LIFEGUARD CLASSES
Sun: 8:00 am - completion.
 Feb 8 / Mar 8 / Apr 12 / May 17 / June 7 / July 12 • Must be 15 years of age. (\$110.00)

WSI (Water Safety Instructor)
Sat: 8 am-5 pm / Sun: 8 am-completion.
 Feb 14-15 / Mar 14-15 / Apr 18-19 / May 23-24 / June 13-14 / July 18-19
 Must be 16 years of age. (\$230)

CERTIFIED POOL OPERATOR
 Feb 21-22 / Mar 21-22 / Apr 25-26 / May 30-31 / June 20-21

CPO FUSION (\$350) CPO RECERT (\$152)



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SWIM LESSONS

PRESCHOOL
Tuesday & Thursday • Age 3-5 • Levels 1-3
4:00-4:30 pm & 4:40-5:10 pm
 Jan 20-Feb 12 / Feb 17-Mar 12 / Mar 17-Apr 9 / Apr 14-May 7
 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 20-Feb 12 / Feb 17-Mar 12 / Mar 17-Apr 9 / Apr 14-May 7
 Member: \$81, Non-Member: \$114

PARENT & ME
Saturdays
10:00-10:30
 Jan 24-Feb 14 / Feb 21-Mar 14 / Mar 21-Apr 11 / Apr 18-May 9
Wednesdays
6:00-6:30 pm
 Jan 21-Feb 11 / Feb 18-Mar 11 / Mar 18-Apr 8 / Apr 15-May 6
 Member: \$50, Non-Member: \$63
ADULT
Sundays • 11:00-11:50 am
 Feb 1-Mar 8 / 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

HEARTSAVER CPR, FIRST AID, AED
 1/7, 2/4, 3/4, 4/8, 5/6
 6 pm

PEDIATRIC HEARTSAVER CPR, FIRST AID, AED
 1/14, 2/11, 3/11, 4/15, 5/13
 6 pm

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

CPR (BLS)
 Basic Life Support / AHA
 1/5, 2/2, 3/2, 4/13, 5/4, 6/1, 7/13
 6 pm

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 training info.



CHILD CARE

Janine Jorgenson • jjorgenson@gfymca.org

BABY BAY

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



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.

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.

Homeschool P.E.
 Wednesdays
 2:00-3:00 pm
 February 4 - April 29
 Ages 5-17
 First Child: \$90/Addl Child: \$80

Parents Night Off Kids Night In
 Fridays: Jan 9, Feb 6, March 6 April 3, May 1
 Ages 3-12 / 6:00-8:45 pm
 Must be potty trained.
 \$26 (additional child \$13)

Adventure Camp & Wilderness Club Registration Opens Tuesday, April 7.

