

# WELCOME TO THE Y

[www.gfymca.org](http://www.gfymca.org)  
701.775.2586

## 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 gyms 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 gyms, 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!](#)



## CONTACT INFORMATION

Bob McWilliams	President/CEO	bmcwilliams@gfymca.org
Janine Jorgenson	Child Care Director	jjorgenson@gfymca.org
Curt Kotbra	Building & Grounds Director	ckotbra@gfymca.org
Adam Sorum	Healthy Living Director	asorum@gfymca.org
Patti McEnroe	Membership/Marketing Director	pmcenroe@gfymca.org
Breon Quintero	Sports & Camp Director	bquintero@gfymca.org
Ann Vossekuil	Member Services Coordinator	avossekuil@gfymca.org
Kari Riel	Payroll/Accounts Payable Admin	kriel@gfymca.org
Chad Peterson	Childcare & Membership Billing	cpeterson@gfymca.org
Freddie Brown	Youth Development/Aquatics Director	fbrown@gfymca.org

the  
YMCA



**NO PLACE**  
Like This Place

ALTRU FAMILY YMCA  
WINTER 2026

YMCA Grand Forks  
Celebrating 140 Years

YMCA USA  
Celebrating 175 Years



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

# SPORTS

## 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.

## 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.

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# 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 21-22 / Mar 28-29 / 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 22 / Mar 29 / 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

### 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](http://www.elearning.heart.org) training info.

# CHILD CARE

YMCA EDUCATIONAL CENTER  
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 at 8 am, Tuesday, April 7.

