

# 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

### Active Play-Age 4-6 Capture the Flag/Obstacles

Saturdays • March 7-28  
Youth age 4-6: 10:30-11:15 am  
\$45 Members & Non-members

### Active Play-Age 7-10 Capture the Flag/Obstacles

Saturdays • March 7-28  
Youth age 7-10: 11:15 am-12:00 pm  
\$45 Members & Non-members

### Active Play-Age 6-12 Pool Basketball

Saturdays • March 7-28  
Youth age 6-12: 11:00 am - 12:00 pm  
\$45 Members & Non-members

### Karate

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

### Itty Bitty Golf

Saturdays • March 7-28  
Youth age 3-4 • 9:00-9:30 (Main Gym)  
\$52 Members / \$62 Non-members

### Mighty Mite Golf

Saturdays • March 7-28  
Youth age 5-6 • 9:40-10:10 (Main Gym)  
\$52 Members / \$62 Non-members

### Golf Lessons

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

### Youth Basketball Tournament

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

### Athletic Movement Training

Spring Sports Preseason Training  
February 23-26 / March 2-5  
4:30 - 5:30 pm \$75

### Anchor Offensive Line Clinic & Anchor Award

High Level Training for Gr 9-12  
February 28 • 2:00-4:00 pm \$50

### Offensive Flow Basketball Camp

Girls & Boys Gr 4-12  
February 21 • 6:00-8:00 pm \$45

## SPORTS ACADEMIES

### FOOTBALL

Youth Football Camp for Wide Receivers  
Feb 8, 15, 22 • Gr 2+ • 6:30-7:30 pm

### Quarterback Camp

Feb 8, 15, 22 • Gr 6-11 • 8:00-9:00 pm

### Youth Football Camp For Beginners

March 8, 15, 22 • Gr 2+ • 6:30-7:30 pm

### Youth Football Camp For Blockers

March 5, 12, 19 • 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 Pick-up Games

M/W/F 12:00 pm - 2:00 pm  
T/Th 8:00-9:30 am  
Friday 6:00-8:00 pm  
Sunday 11:00 am - 1:00 pm  
Mini Gym. No reservation required.

### 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.

The Y also features two gymnasiums, a walk/run track, racquetball courts, pickleball courts, locker rooms (youth, adult & family) and more!

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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)

Camp Registration Opens  
April 7, @ 8 am.

PROGRAM INFORMATION & PRICING IS SUBJECT TO CHANGE.

## 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

### 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

## 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

## 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.

## GOLF LESSONS

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

## PARENTS NIGHT OFF

Kids Night In  
Fridays: 1/9, 2/6, 3/6, 4/3, 5/1  
Ages 3-12 • 6:00-8:30 pm  
Must be potty trained. \$26/addl child \$13

## HOMESCHOOL P.E.

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

# 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 for details.

### 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.

## 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, gyms, 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.

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# 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](#).



Follow us on Facebook and Instagram!

