

YOUTH SPORTS



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.

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

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

Floor Hockey
 Saturdays • April 4 - 25
 Youth age 6-10: 11:00 am - 12:00 pm
 \$45 Members & Non-members

Itty Bitty Floor Hockey
 Saturdays • April 4 - 25
 Youth age 3-5: 10:00 am - 11:00 am
 \$45 Members & Non-members

Dodgeball
 Saturdays • April 4 - 25
 Youth age 5-8: 10:30 am - 11:30 am
 \$45 Members & Non-members

Wilderness Club & Adventure
Camp Registration Opens
April 7, @ 8 am.

Wilderness Club: Licensed Childcare
 Adventure Camp: Unlicensed Day Camp

PROGRAM INFORMATION & PRICING IS SUBJECT TO CHANGE.

SPORTS ACADEMIES

FOOTBALL
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
Running Back Camp
 April 5, 12, 19 • Gr 2-7 • 6:30-7:30 pm
Front Line DL Clinic
 Sunday, April 12 • Gr 8+ • 1:00-2:30 pm

WORKHORSE CLINIC & AWARD
Sunday, April 5 • Gr 8-11 • 1:00-2:30 pm
 Presented by the Grand Forks YMCA Football Academy, a high-level, running back development training event for athletes who aspire to play college football.

At *Sports Advantage* 1375 Columbia Road
 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.

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.

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

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

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

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

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

No-Cost Swim Lessons Grant
 Apply at the Y. Contact Freddie Brown for info.

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

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

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

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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: 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
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 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 for details.

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

Dan Fjestad	President/CEO	dfjestad@gfymca.org
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Curt Kotrba	Building & Grounds Director	ckotrba@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



NO PLACE



Like This Place

Celebrating 140 Years of Service in Grand Forks,
and 175 Years of Service in the U.S. !

140
YEAR ANNIVERSARY

175
YEAR ANNIVERSARY

ALTRU FAMILY YMCA

SPRING 2026



**TWO GREAT FACILITIES.
ONE MEMBERSHIP.**

Enjoy two great facilities! Your Y membership includes general membership privileges at Choice Health & Fitness.