

SPORTS

Breon Quintero • bquintero@gfymca.org

YOUTH SPORTS

SPORTS ACADEMIES



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.

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

Adam Sorum • asorum@gfymca.org

FITNESS CENTER

GROUP FITNESS

PERSONAL TRAINING

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!

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 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

SWIM LESSONS



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 / Apr 25-26 / 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 / Apr 25 / 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 /

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



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

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.

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.



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CHILD CARE

Janine Jorgenson • jjorgenson@gfymca.org

BABY BAY

PRESCHOOL

TOT TOWN

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



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.

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

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 exeptions 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, raquetball 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.

the Y

YMCA

ALTRU FAMILY YMCA

215 N 7th St

Grand Forks, ND 58203

P (701) 775-2586

F (701) 775-9611

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W www.gfymca.org

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Follow us on Facebook and Instagram!

CHOICE

HEALTH & FITNESS

GRAND FORKS

YOUTH CENTER

the Y

YMCA

Altru

HEALTH SYSTEM

CONTACT INFORMATION

Dan Fjestad

Janine Jorgenson

Curt Kotrba

Adam Sorum

Patti McEnroe

Breon Quintero

Ann Vossekui

Kari Riel

Chad Peterson

Freddie Brown

President/CEO

Child Care Director

Building & Grounds Director

Healthy Living Director

Membership/Marketing Director

Sports & Camp Director

Member Services Coordinator

Payroll/Accounts Payable Admin

Childcare & Membership Billing

Youth Development/Aquatics Director

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the Y

YMCA

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

CHOICE

HEALTH & FITNESS

the Y

YMCA

TWO GREAT FACILITIES.

ONE MEMBERSHIP.

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

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