

WELCOME TO THE 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 - Friday | 5:45 - 8:25 am/11:30-1:30 pm |
| Mon-Wed-Fri | 6:00 - 7:00 pm |
| Saturday | 7:00 - 8:55 am/12:00 - 1:25 pm |
| Sunday | 12:00 - 1:25 pm |

OPEN/FAMILY SWIM

| | |
|-------------------|----------------|
| Mon-Wed-Fri | 7:00 - 8:00 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 apply). Please call the Y to confirm availability.

RACQUETBALL COURTS

Open daily. Reservations are encouraged.

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

Tall and kit lockers are available for rent. Yearly prices are \$65/tall locker & \$30/kit locker. Visit Member Services for details.

AGE REQUIREMENTS

The Y is open to all ages. Youth age 9 and under must be directly supervised by a parent or guardian over age 16.

PERSONAL SAFETY GUIDELINES

Please follow current, posted guidelines. Please respect the space of other members, disinfect your areas of use and wear a mask when appropriate. Members and guests are asked to follow the **YMCA Code of Conduct** which is posted online and in the facility.

MEMBERSHIP INFORMATION

MEMBERSHIP FEES

| Bank Draft | Monthly | 3 Months |
|-------------------------------------|---------|----------|
| Youth (7 years - High School) | \$25.00 | \$75.00 |
| Individual College/Military/Senior | \$49.30 | \$147.90 |
| Individual Adult (age 19+) | \$58.00 | \$174.00 |
| Family | \$82.00 | \$246.00 |
| Military Family | \$73.80 | \$221.40 |
| Single Parent Family/College Family | \$73.80 | \$221.40 |
| Senior Couple | \$65.60 | \$196.80 |

NATIONWIDE MEMBERSHIP PRIVILEGES

Through the Nationwide Membership program, 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).

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.

Y AMENITIES

Your membership privileges include: use of the 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.

CHOICE HEALTH & FITNESS

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



CONTACT INFORMATION

| | | |
|------------------|-------------------------------|------------------------|
| Bob McWilliams | President/CEO | bmcwilliams@gfymca.org |
| Sidney Wagner | Youth Development Director | swagner@gfymca.org |
| Janine Jorgenson | Child Care Director | jjorgenson@gfymca.org |
| Jerry Kleven | Building & Grounds Director | jkleven@gfymca.org |
| Adam Sorum | Healthy Living Director | asorum@gfymca.org |
| Caitlin Volkmann | Youth Sports Director | cvolkmann@gfymca.org |
| Patti McEnroe | Membership/Marketing Director | pmcenroe@gfymca.org |
| Shawn Reich | Fitness Center Coordinator | sreich@gfymca.org |
| Ann Vossekuil | Member Services Coordinator | avossekuil@gfymca.org |



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



YOU BELONG HERE



The Y: We're for Youth Development, Healthy Living, and Social Responsibility.



AUTUMN 2022

ALTRU FAMILY YMCA



Y SPORTS

CONTACT
Caitlin Volkmann: cvolkmann@gfymca.org

YOUTH SPORTS

ITTY BITTY OUTDOOR SOCCER

Age 3-4
September 6, 13, 20, 27
Tuesdays: 5:20-6:00/6:10-6:50
Members \$30 / Non-members \$40
Lincoln Dr Park Near Shelter 2

ITTY BITTY BASKETBALL

Age 3-4
Sept 10, 17, 24, Oct 1
Saturdays
9:20-10:00 am/10:10-10:50 am
Members \$30 / Non-members \$40

BOYS YOUTH BASKETBALL

Grades 2-6
Sept 10, 17, 24, Oct 1, 8
Saturdays: 11:10 am - 12:10 pm
Members \$40 / Non-members \$50

ITTY BITTY WIFFLEBALL

Age 3-4
October 8, 15, 22, 29
Saturdays: 9:20-10:00/10:10-10:50 am
Members \$30 / Non-members \$40

YOUTH INDOOR SOCCER

Age 4 - Grade 3
October 8, 15, 22, 29, Nov 5
Saturdays: 9:00-9:50 am
Members \$40 / Non-members \$50

GIRLS MIGHTY MITE BASKETBALL

Grades K-1
October 15, 22, 29, Nov 5, 12
Saturdays: 10:10-11:00 am
Members \$40 / Non-members \$50

BOYS MIGHTY MITE BASKETBALL

Grades K-1
October 15, 22, 29, Nov 5, 12
Saturdays: 11:10 am -12:00 pm
Members \$40 / Non-members \$50

YOUTH VOLLEYBALL

Grades 2-6
October 15, 22, 29, Nov 5, 12
Saturdays: 11:10 am -12:00 pm
Members \$40 / Non-members \$50

ITTY BITTY INDOOR SOCCER

Age 3-4
November 12, 19, December 3, 10
Saturdays: 9:20-10:00/10:10-10:50 am
Members \$30 / Non-members \$40

GIRLS YOUTH BASKETBALL LEAGUE

Grades 2-6
October 25 - December 15
Tuesdays & Thursdays
Grades 2-3: 5:30-6:30 pm
Grades 4-6: 6:45-7:45 pm
Members \$70
Non-members \$90



YOUTH & ADULT KARATE

Ongoing Schedule:
• Youth (age 6 - 12)
Wed: 6:00-7:00 pm/Sat:10:00-11:00 am
• Adult/Teen (age 13+)
Wed: 7:15-8:45 pm/Sat: 11:15 am-1:30 pm
Members \$25/month
Non-Members \$30/month

VOLLEYBALL ACADEMY

MONDAYS
October 3, 10, 17, 24
Girls Grade 5/6
5:15-6:15 pm \$30

November 14, 21, 28
Girls Grade 3/4
5:15-6:15 pm \$30

HOME SCHOOL PE

Physical Education Program for home schooled students.
September 14 - November 16
Wednesdays, 2:00-3:00 pm

ADULT VOLLEYBALL LEAGUE

Oct 3-Dec 14
Registration: Aug 1-Sept 14

ADULT NOON BASKETBALL

Monday= through Friday pickup games.

ADULT NOON VOLLEYBALL

Tuesday/Thursday pickup games.

EVENTS

- Pumpkins for Parkinson's - Oct 4
- Floating Pumpkin Patch - Oct 8
- Haunted Indoor Triathlon - Oct 29
- Halloween Party - Oct 30

Y ADULT FITNESS

CONTACT
Adam Sorum: asorum@gfymca.org
Shawn Reich: sreich@gfymca.org



The **Y Fitness Center** features a beautiful, well-maintained space with state-of-the-art cardio, strength, stretching, and dedicated Olympic strength areas, including wheelchair accessible equipment - all within easy access to the Nautilus strength circuit - providing a wide variety of choices for members and guests of all fitness levels and abilities.

Y Group Fitness classes feature cardio, strength, stretching, mind/body, dance-based, group cycling, boxing, water exercise, and more. Group fitness schedules are published regularly and may be obtained at the Y or at: www.gfymca.org.

Tours of the facility are available any time for walk-ins or by appointment. Please call or visit our web site for details on programs and services.

Y FREE ORIENTATIONS

- FREE FITNESS ORIENTATIONS
- PERSONAL FITNESS TRAINING
- YOUTH FITNESS MEMBERSHIP

Y CLASS OPTIONS

- ADULT GROUP FITNESS CLASSES
- SILVERSNEAKERS CLASSES
- WATER EXERCISE CLASSES

Y SPECIAL PROGRAMS

- Y MED FIT
- PARKINSON WELLNESS
- ROCK STEADY BOXING
- LIVESTRONG® at the YMCA
- CARDIAC/PULMONARY PHASE 3

Y AQUATICS & SAFETY

CONTACT
Sidney Wagner: swagner@gfymca.org

GROUP SWIM LESSONS

All age groups are taught the same skills but are divided according to their developmental milestones. Visit our web site for more information and to select the appropriate level for your swimmer.

LEVELS 1-6: Water Acclimation; Water Movement; Water Stamina; Stroke Introduction; Stroke Development; Stroke Mechanics.

Levels 1-2: Ages 3-5 / Levels 1-6: Ages 6-12

Preschool Lessons

3-5 Years Old • Levels 1 & 2 • Tuesday & Thursday
Choose from: 3:50-4:20 pm or 4:25-4:55 pm
Aug 30-Sept 22/Sept 27-Oct 20/Oct 25-Nov 17/Nov 29-Dec 15*
Member \$68/Non-member \$100
*Pro-rated Session Member \$51/Non-member \$75

School Age Lessons

6-12 Years Old • Levels 1-6 • Tuesday & Thursday
Choose from: 5:00-5:30 pm or 5:35-6:05 pm
Aug 30-Sept 22/Sept 27-Oct 20/Oct 25-Nov 17/Nov 29-Dec 15*
Member \$68/Non-member \$100
*Pro-rated Session Member \$51/Non-member \$75

PARENT & ME SWIM LESSONS

Water Discovery / Water Exploration
Saturdays: 10:00-10:30 & 10:30-11:00 am
Sept 3-24/Oct 1-22/Nov 5-26
Member \$45 / Non-Member \$55

PRIVATE SWIM LESSONS

Contact Sidney Wagner.



LIFE JACKET CHECK-OUT
Life jackets are available for check-out at no charge. Sizes infant to 90# and above. Call for details.



LIFEGUARD & WATER SAFETY

FULL LIFEGUARD CLASSES

American Red Cross Lifeguard
Aug 5-7/Sept 9-11/Oct 14-16/Nov 4-6/Dec 9-11
Fri: 5-10 pm / Sat: 8 am-4 pm / Sun: 8 am-3:00 pm
\$225 / Must be 15 years of age.

RECERT LIFEGUARD CLASSES

Aug 7/Sept 11/Oct 16/Nov 6/Dec 11
8:00 am - 2:00 pm • \$105.00 / Must be 15 years of age.

WSI (Water Safety Instructor)

Aug 12-14/Sept 23-25/Oct 21-23/Nov 18-20/Dec 16-18
Fri: 5-10 pm / Sat: 8 am-6 pm / Sun: 8 am-4:30 pm
Must be 16 years of age. • \$225

CERTIFIED POOL OPERATOR

Oct 1-2 • Sat 8-5, Sun 8-3 • \$200

SAFETY CLASSES



CPR (BLS)

Basic Life Support / AHA
Sept 12/Oct 3/Nov 7/Dec 5 \$45

HEARTSAVER CPR, FIRST AID, AED COMBO

Sept 14/Oct 5/Nov 9/Dec 7 \$80

PEDIATRIC HEARTSAVER CPR, FIRST AID, AED COMBO

Sept 21/Oct 12/Nov 16/Dec 14 \$80

E-LEARNING

Test in-house. Call for details. \$25
(Additional card fees: BLS \$19 / Combos \$23)
(Visit www.elearning.heart.org for additional course fees)

Y CHILD CARE

CONTACT
Janine Jorgenson: jjorgenson@gfymca.org

YMCA EDUCATIONAL CENTER

BABY BAY

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

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.

PRE-SCHOOL

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

