

# 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, Fri	6:00 - 7:00 pm
Wednesday	6:30 - 7:30 pm
Saturday	7:00 - 8:55 am/12:00 - 1:25 pm
Sunday	12:00 - 1:25 pm

### OPEN/FAMILY SWIM

Mon, Fri	7:00 - 8:00 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 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.

## 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

## MEMBERSHIP INFORMATION

### MEMBERSHIP FEES

Bank Draft	Monthly	3 Months
Youth (7 years - High School)	\$30.00	\$90.00
Individual College/Military/Senior	\$51.85	\$155.55
Individual Adult (age 19+)	\$61.00	\$183.00
Family	\$90.00	\$270.00
Military Family	\$81.00	\$243.00
Single Parent Family/College Family	\$81.00	\$243.00
Senior Couple	\$72.00	\$216.00

### 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.



**ALTRU FAMILY YMCA**  
215 N 7th St  
Grand Forks, ND 58203  
P (701) 775-2586  
F (701) 775-9611  
E [gfymca@gfymca.org](mailto:gfymca@gfymca.org)  
W [www.gfymca.org](http://www.gfymca.org)



# NEW BEGINNINGS START HERE

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

**ALTRU FAMILY YMCA PROGRAMS & SERVICES**  
**WINTER 2023**

# Y SPORTS

Caitlin Volkmann: cvolkmann@gfymca.org

## YOUTH SPORTS

### Boys Youth Basketball League

Tuesdays & Thursdays  
January 17th – March 9th  
Grades 2/3: 5:30–6:30  
Grades 4–6: 6:45–7:45  
Members \$70 / Non Members \$90

### Itty Bitty Basketball

Saturdays • Mini Gym • Age 3–4  
January 21, 28, February 4, 11  
10:00–10:40 / 10:50–11:30 / 11:40–12:20  
Members \$30 / Non Members \$40

### Mighty Mite Boys Basketball

Saturdays • Main Gym • Age K-1  
January 21, 28, February 4, 11, 18  
11:00–11:50 / 12:00–12:50  
Members \$40 / Non Members \$50

### Mighty Mite Girls Basketball

Saturdays • Main Gym • Gr K-1  
January 21, 28, February 4, 11, 18  
10:00–10:50  
Members \$40 / Non Members \$50

### Youth Indoor Soccer

Saturdays • Mini Gym • Gr 2–6  
January 21, 28, February 4, 11, 18  
9:00–9:50  
Members \$40 / Non Members \$50

### Girls Youth Basketball

Saturdays • Main Gym • Gr 2–6  
January 21, 28, February 4, 11, 18  
9:00–9:50  
Members \$40 / Non Members \$50

### Itty Bitty Wiffleball (ages 3&4)

Saturdays (March 4, 11, 18, 25)  
9:20–10:00 / 10:10–10:50 • \$35/\$45

### Mighty Mite Boys Basketball

Saturdays (March 4, 11, 18, 25, April 1)  
Gr K-1 • 10:00–10:50 • \$44/\$54

### Mighty Mite Girls Basketball

Saturdays (March 4, 11, 18, 25, April 1)  
Gr K-1 • 9:00–9:50 • \$44/\$54

### Youth Indoor Soccer

Saturdays (March 4, 11, 18, 25, April 1)  
Age 5–Gr 3 • 11:00–11:50 • \$44/\$54

### Youth Volleyball

Saturdays (March 4, 11, 18, 25, April 1)  
Gr 2–6 • 11:10–12:10 • \$44/\$54

### Girls & Boys Spring YBL

Tuesdays and Thursdays  
Gr 2-3 / Gr 4-6 • 5:30–8:30pm  
\$65/\$85

### Flag Football (Grades K-3)

Tuesdays (May 2, 9, 16, 23, 30)  
Gr K-3 • 6:00–6:50pm • \$44/\$54

### Youth & Adult Karate

Ongoing Schedule:

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

## YMCA YOUTH BASKETBALL TOURNAMENT

Saturday, March 18, 2023

Girls & Boys, Gr 3–8  
Red River & Central High Schools  
Register by March 10.



## SPORTS ACADEMIES

### ADULT VOLLEYBALL

Two-day session. Foundations & technique.  
Jan. 23 & 30. 6:30–7:30 pm

### BASKETBALL

Sun., Jan. 29. 5:30–7:45 pm

### FOOTBALL

#### QUARTERBACK LAB

Jan 8, 15, 22 & Mar 5, 12, 19

#### OFFENSIVE/DEFENSIVE LINE

Feb 5, 12, 19 & May 7, 14, 21

#### OFFENSIVE PLAYMAKERS

April 2, 9, 16

Gr 3+, Gr 7+

### BOYS HIGH SCHOOL VOLLEYBALL

Skills & scrimmage.  
Wednesdays in February. 5:00–6:00 pm

Contact Adam Sorum

asorum@gfymca.org

## ADULT VOLLEYBALL LEAGUE

February 6 – April 5, 2023

### PRE-LEAGUE SOCIAL

January 16, 2023 • 7:00 – 9:00 pm

### Adult Volleyball Tournament

February 25, 2023/ Register by Feb 11

Contact Caitlin Volkmann.

# Y ADULT FITNESS

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](http://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

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: 4:00 pm or 4:35–pm

Jan 17–Feb 9, Feb 14–Mar 9, Mar 14–Apr 6, Apr 11–May 4

Member \$73/Non-member \$107

### School Age Lessons

6–12 Years Old • Levels 1–6 • Tuesday & Thursday

Choose from: 5:10 pm or 5:45 pm

Jan 17–Feb 9, Feb 14–Mar 9, Mar 14–Apr 6, Apr 11–May 4

Member \$73/Non-member \$107

## PARENT & ME SWIM LESSONS

Registration opens January 2, 2023.

### Saturdays

10:00 & 10:30am

Jan 14–Feb 4, Feb 11–Mar 4, Mar 11–Apr 1, Apr 8–29

Member \$47/Non-Member \$58

### Wednesdays

6:00–6:30pm

Jan 18–Feb 8, Feb 15–Mar 8, Mar 15–Apr 5

Member \$47/Non-Member \$58

## 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

Jan 14–15, Feb 18–19, Mar 18–19, Apr 15–16, May 6–7, May 20–21

Sat: 8 am–4 pm / Sun: 8 am–3:00 pm

\$225 / Must be 15 years of age.

### RECERT LIFEGUARD CLASSES

Jan 15, Feb 19, Mar 19, Apr 16, May 7, May 21

8:00 am – 2:00 pm • \$105.00 / Must be 15 years of age.

### WSI (Water Safety Instructor)

Jan 21–22, Feb 25–26, Mar 25–26, Apr 22–23, May 13–14

Fri: 5–10 pm / Sat: 8 am–6 pm / Sun: 8 am–4:30 pm

Must be 16 years of age. • \$225

## SAFETY CLASSES



### CPR (BLS)

Basic Life Support / AHA

Jan 9, Feb 6, Mar 6, Apr 3, May 1

\$45

### HEARTSAVER CPR, FIRST AID, AED COMBO

Jan 11, Feb 8, Mar 8, Apr 5, May 3

\$80

### PEDIATRIC HEARTSAVER CPR, FIRST AID, AED COMBO

Jan 18, Feb 15, Mar 15, Apr 12, May 10

\$80

### E-LEARNING

Test in-house. Call for details.

\$25

(Additional card fees: BLS \$19 / Combos \$23)

(Visit [www.elearning.heart.org](http://www.elearning.heart.org) for additional course fees)

# Y CHILD CARE

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 weeks–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

## HOME SCHOOL PE

Physical Education Program for home schooled students.

- Jan 18–Apr 12, 2023
- Age 5–17 years
- Wednesdays
- 2:00–3:00 pm

Contact Sidney Wagner  
swagner@gfymca.org