

# WELCOME TO THE Y



## GENERAL INFORMATION

### YMCA BUILDING HOURS\*

Monday-Friday	6:00 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	6:00-8:25 am/11:30-1:30 pm
Monday & Friday	6:00-7:00 pm
Wednesday	6:35-7:35 pm
Saturday	7:00 - 8:55 am/12:00 - 1:30 pm
Sunday	12:00 - 1:30 pm

\* LAP SCHEDULE TAKES EFFECT AUGUST 21, 2023. \*

### OPEN/FAMILY SWIM

Monday & Friday	7:00-8:30 pm
Wednesday	7:30 - 8:30 pm
Saturday & Sunday	2:00 - 5:00 pm

\* OPEN SWIM SCHEDULE TAKES EFFECT AUGUST 21, 2023. \*

### 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 COURTS

Two courts are 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 / 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).

### AGE REQUIREMENTS

The Y is open to all ages. Youth age 10 and under must be directly supervised by a parent or guardian over age 14.

### PERSONAL SAFETY GUIDELINES

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
Parker Stockert	Sports Director	pstockert@gfymca.org
Patti McEnroe	Membership/Marketing Director	pmcenroe@gfymca.org
Shawn Reich	Fitness Center Coordinator	sreich@gfymca.org
Ann Vossekui	Member Services Coordinator	avossekui@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. Tours are available any time.

### 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  
 W www.gfymca.org



# NEW BEGINNINGS START HERE



FOR YOUTH DEVELOPMENT®  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY



## ALTRU FAMILY YMCA PROGRAMS & SERVICES

# Fall & Winter 2023

# SPORTS



## YOUTH SPORTS

### Itty Bitty Outdoor Soccer

Ages 3 & 4  
Tuesdays • Sept 5-26 • Elks Park  
5:20-6:00 pm / 6:10-6:50 pm  
\$38 Members/\$48 Non-members

### Itty Bitty Basketball

Ages 3 & 4  
Saturdays • Sept 9-30  
9:20-10:00 am / 10:10-10:50 am  
\$38 Members/\$48 Non-members

### Itty Bitty Indoor Whiffleball

Ages 3 & 4  
Saturdays • Oct 7-28  
9:20-10:00 am / 10:10-10:50 am  
\$38 Members/\$48 Non-members

### Youth Indoor Soccer

Age K-3  
Saturdays • Oct 7-Nov 11  
9:00-9:50 am / 10:00-10:50 am  
\$45 Members/\$55 Non-members

### Mighty Mite Basketball Boys & Girls

Gr K-1  
Saturdays • Oct 14-Nov 11  
Girls: 10:00 am-10:50 am  
Boys: 11:00 am-11:50 am  
\$45 Members/\$55 Non-members

### Youth Volleyball

Gr 4-6  
Saturdays • Oct 14-Nov 11  
11:10 am-12:00 pm / 12:10-1:00 pm  
\$45 Members/\$55 Non-members

### Girls Youth Basketball League (YBL)

Tuesdays & Thursdays @ Kelly Elem.  
Oct 24-Dec 14  
Grades 2-3: 5:30-6:30 pm  
Grades 4-6: 6:45-7:45 pm  
\$75 Members/\$95 Non-members

### Itty Bitty Indoor Soccer

Ages 3-4  
Saturdays • Nov 11-Dec 9  
9:20-10:00 am / 10:10-10:50 am  
\$38 Members/\$48 Non-members

### Karate

Build confidence, self-discipline, character, a healthy body and more!  
Ongoing schedule:  
**Youth age 6-12**  
Wed: 7:15-8:15/Friday: 5:00-6:00 pm  
Saturday: 11:15am-12:15pm  
**Adult**  
Wed: 7:15-8:45/Friday: 5:00-6:00 pm  
Saturday: 11:15am-12:45pm  
\$25/\$30 per month

## SPORTS ACADEMIES

• **VOLLEYBALL** Nov 19, 26  
• **FOOTBALL** Nov 12, 19, 26  
Contact Adam Sorum: asorum@gfymca.org.

### Beginner Tai Chi

Thursdays • Sept 7-Oct 26  
6:00 pm  
Member \$25/Non-member \$40

### Homeschool PE

Wednesdays • Sept 6-Nov 29  
2:00-3:00 pm  
1st child \$84/Addl child \$74

### Parents Night Off Kids Night In

Fridays • Nov 3 / Dec 1, 8, 15  
6:00-8:45 pm • Ages 3-12  
Must be potty trained.  
\$20 (+\$10 per sibling)

### Adult Pick Up Games

• Basketball - Noon - M-F  
• Volleyball - Noon - T/Th

### Adult Volleyball League

Sept 27-Dec 11 • Mon/Wed



## AQUATICS & SAFETY



## SAFETY CLASSES



### CPR (BLS)

Basic Life Support / AHA  
8/7, 9/11, 10/2, 11/6, 12/4 \$45

### HEARTSAVER CPR, FIRST AID, AED COMBO

8/10, 9/13, 10/4, 11/8, 12/6 \$80

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

8/17, 9/20, 10/11, 11/15, 12/13 \$80

### E-LEARNING

Test in-house. Call the Y for details and to set up an appointment for testing. \$25

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

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

## 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.

### Preschool & School Age

Tuesday & Thursday  
4:00 / 4:35 / 5:10 / 5:45 pm

• Sept 5-28  
• Oct 3-26  
• Nov 2-30 (no class 11/23)  
• Dec 5-21 (pro-rated; 6 classes)  
Member: \$73, Non-Member: \$107  
December: Mem \$54.75  
Non-Member \$80.25

### Parent & Me

Saturdays: 10:00 am & 10:30 am

• Sept 9-30  
• Oct 7-28  
• Nov 4-25

Wednesdays: 6:00 pm

• Sept 6-27  
• Oct 4-25  
• Nov 1-22  
• Nov 29-Dec 20  
Member: \$47  
Non-Member: \$58

### Adult

Sundays

11:00-11:45 am  
• Oct 1-Nov 5  
Member: \$65  
Non-Member: \$85

## LIFEGUARD & WATER SAFETY



### FULL LIFEGUARD CLASSES

American Red Cross Lifeguard  
Aug 5-6, Sept 16-17, Oct 21-22, Nov 11-12, Dec 9-10  
Sat: 8 am-4 pm / Sun: 8 am-3:00 pm  
Must be 15 years of age. \$225

### RECERT LIFEGUARD CLASSES

Aug 6, Sept 17, Oct 22, Nov 12, Dec 10  
8:00 am - 2:00 pm.  
Must be 15 years of age. \$105.00

### WSI (Water Safety Instructor)

Aug 12-13, Sept 23-24, Oct 28-29, Nov 18-19, Dec 16-17  
Fri: 5-10 pm / Sat: 8 am-6 pm / Sun: 8 am-4:30 pm  
Must be 16 years of age. \$225



### LIFE JACKET CHECK-OUT

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

# FITNESS



## FITNESS CENTER

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. Contact Shawn Reich, Coordinator.

## PERSONAL FITNESS TRAINING

Personal Fitness Training is available for individuals, groups and families. Physical assessments, including body fat analysis are also available. Sonia Kraft, Coordinator.

## SPECIAL PROGRAMS

The Y offers programs for special populations such as Med Fit, Parkinson Wellness, Rock Steady Boxing, LIVESTRONG at the YMCA and Cardiac/Pulmonary Phase 3. Contact Adam Sorum or Shawn Reich.

## FREE ORIENTATIONS

Free orientations are available including Fitness Center, Personal Fitness, Youth Fitness, Nautilus, and more. Contact Shawn Reich or Adam Sorum.

## GROUP FITNESS CLASSES

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

# CHILD CARE



## YMCA EDUCATIONAL CENTER

At the Y, we are for nurturing the potential of every child. We believe that all kids deserve the opportunity to discover who they are and what they can achieve. Children are welcomed in a warm, safe and caring environment with caregivers who are committed to give your child the best start in life.

### 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

## EVENTS

YMCA Halloween Party ..... Oct 29  
Chili Feed ..... Nov 4  
Youth Basketball Tournament ..... Nov 18