

# WELCOME TO THE Y



## 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 to reserve a time.

### 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.



Follow us on Facebook and Instagram!



## CONTACT INFORMATION

Bob McWilliams	President/CEO	bmcwilliams@gfymca.org
Janine Jorgenson	Child Care Director	jjorgenson@gfymca.org
Curt Kotrba	Building & Grounds Director	ckotrba@gfymca.org
Adam Sorum	Healthy Living Director	asorum@gfymca.org
Patti McEnroe	Membership/Marketing Director	pmcenroe@gfymca.org
Danny Ray	Sports & Camp Director	dray@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

# FIND WHAT MOVES YOU



Scan to visit our web site.

## WINTER 2025

[www.gfymca.org](http://www.gfymca.org)  
701.775.2586



**TWO GREAT FACILITIES - ONE MEMBERSHIP**  
Enjoy two great facilities! Your Y membership includes general membership privileges at Choice Health & Fitness.

# SPORTS

Youth Sports Registration Opens January 2, 2025

Contact Danny Ray  
dray@gfymca.org

## YOUTH SPORTS



### Itty Bitty Golf

Feb 22-March 15 • Saturdays • Age 3-4  
9:00-9:30 am  
\$52 Members / \$62 Non-members

### Mighty Mite Golf

Feb 22-March 15 • Saturdays • Age 5-6  
9:40-10:10 am  
\$52 Members / \$62 Non-members

### Boys YBL (Youth Basketball League)

Jan 30 - March 13 • Tuesdays & Thursdays  
Gr 2-3: 5:30-6:30 pm  
Gr 4-6: 6:30-7:30 pm  
\$75 Members / \$90 Non-members

### Mighty Mite Basketball

Jan 25-Feb 15 • Saturdays • Age 5-6  
Girls: 9:00-9:50 am  
Boys: 10:00-10:50 am  
\$52 Members / \$62 Non-members

### Itty Bitty Basketball

Jan 25-Feb 15 • Saturdays • Age 3-4  
9:30-10:10 & 10:20-11:00 am  
\$52 Members / \$62 Non-members

### Itty Bitty Whiffleball

Feb 22-March 15 • Saturdays • Age 3-4  
9:30-10:10 & 10:20-11:00 am  
\$52 Members / \$62 Non-members

### Karate

Youth age 6-12 / Wed., Fri., Sat.  
Classes are ongoing.  
Members \$30/month  
Non-members \$35/month



### YMCA SPORTS NIGHT

Try a variety of sports - Free  
January 8 5:30-6:30 pm • Age 12 & under

### TRY THE YBL NIGHT

Try YBL - Free  
January 15 5:30-6:30 pm - Gr 2-3  
6:30-7:30 pm - Gr 4-6

## SPORTS ACADEMIES

Football • Basketball • Volleyball  
• Sports Performance • Athletic Movement

Football Camp January 5, 12, 19  
February 2, 9, 16  
March 9, 16, 23

Volleyball January 9, 23 - 6:30 pm

Contact Adam Sorum: asorum@gfymca.org

## ADULT SPORTS

### Adult Noon Pick Up Games

Basketball M-F • Volleyball T/Th

### Pickleball

Mini Gym - Call to reserve court time.

### Racquetball

Court reservation encouraged.

### Adult Volleyball League

- Registration Opens January 2, 2025
- League runs from Feb 3 to April 16.



Health Trip 2025 • January 18, 2025  
Join us for our kick-off event at Grand Cities Mall  
Health Fair: 10 am - 1 pm

# FITNESS

Contact Adam Sorum  
asorum@gfymca.org

## FITNESS CENTER

Y Group Fitness classes feature 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.



## GROUP FITNESS

The Y Fitness Center features a beautiful, well-maintained space with state-of-the-art cardio, strength, stretching, boxing, 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 Adam Sorum.

The Y also features two gymnasiums, a walk/run track, raquetball courts, locker rooms (youth, adult & family) and more!

## 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.

# AQUATICS & SAFETY

Note: The Y Pool is **Out of Order 12/31/24**. Please check for pool availability. We will notify our members and guests when the pool is operational.

## WATER SAFETY



### FULL LIFEGUARD CLASSES

American Red Cross Lifeguard  
Jan 11-12/Feb 15-16/Mar 15-16/Apr 5-6, 26-27/May 17-18/June 7-8  
Saturday & Sunday / 8:00-5:00  
Must be 15 years of age. \$230

### RECERT LIFEGUARD CLASSES

Jan 12/Feb 16/Mar 16/Apr 6/May 18/June 8  
8:00 am - completion.  
Must be 15 years of age. \$110.00

### WSI (Water Safety Instructor)

Jan 25-26/Feb 22-23/Mar 22-23/Apr 12-13  
May 3-4, June 14-15  
Fri: 5-10 pm / Sat: 8 am-6 pm / Sun: 8 am-4:30 pm



### CERTIFIED POOL OPERATOR

Feb 1-2/Mar 29-30/May 10-11 \$350  
CPO RECERT \$152 CPO FUSION \$131  
Feb 2/Mar 30/May 11

# 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 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.

### 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.

### Homeschool P.E.

Feb 5-April 30  
Wednesdays, 2:00-3:00 pm  
Ages 5 - 17 years.  
First Child \$90 (additional child \$80)

### Parents Night Off Kids Night In

Fridays: Jan 3 / Feb 7 / Mar 7 / April 4 / May 2  
Ages 3-12 / 6:00-8:45 pm  
Must be potty trained.  
\$26 (additional child \$13)