

Spring 2026 YOUTH SPORTS

Contact Breon Quintero



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

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

Golf Lessons
Instructor: Donny Riendeau
All ages & skill levels. Call to schedule.
Sessions: 1 (\$50), 3 (\$120), 5 (\$175) 45 min.

Karate
Youth age 6-12 / Wed., Fri., Sat.
Members \$30/mo. • Non-members \$35/mo.
Class is ongoing.

- **Itty Bitty Floor Hockey**
Saturdays • April 4 - 25
Youth age 3-5: 10:00 am - 11:00 am
\$45 Members & Non-members
- **Floor Hockey**
Saturdays • April 4 - 25
Youth age 6-10: 11:00 am - 12:00 pm
\$45 Members & Non-members
- **Dodgeball**
Saturdays • April 4 - 25
Youth age 5-8: 10:30 am - 11:30 am
\$45 Members & Non-members

ADDITIONAL INFORMATION

- **FINANCIAL SCHOLARSHIPS**
Financial scholarship assistance is available. Application forms may be acquired at Y Member Services.

- **REGISTRATION**
Register in-person, by phone, or online.



701.775.2586
www.gfymca.org

FIND YOUR SUMMER FUN!

Staff Needed

Summer Adventure Camp
Work with kids age 6-12. Enjoy
indoor and outdoor activities!
June 2 - August 14, 2026

Contact
Breon Quintero

Breon Quintero: bquintero@gfymca.org
Adam Sorum: asorum@gfymca.org

Winter/Spring 2026 SPORTS ACADEMIES & CAMPS

SPORTS ACADEMIES

Contact Adam Sorum



- **Running Back Camp**
April 12, 19, 26 • Gr 2-7 • 6:30-7:30 pm
Our Youth RB camp is designed for athletes, grades 2-7, who want to develop the core skills needed to carry the football with confidence. Players will learn running back fundamentals, footwork, vision, and techniques to make defenders miss, while improving balance, agility, and ball security. The camp focuses on giving young ball carriers the tools and confidence to create big plays and score touchdowns.
- **Front Line DL Clinic**
Sunday, April 12 • Gr 8+ • 1:00-2:30 pm
Front Line DL Clinic is designed for athletes, grade 8 and up, who want to develop the core skills needed to play the line with confidence and toughness. Players will learn defensive line fundamentals, hand use, leverage, and block-shedding techniques. The camp focuses on giving defensive linemen the tools and confidence to disrupt plays, defeat blockers, and make impact tackles.
- * At Sports Advantage: 1375 S Columbia Rd *

WORKHORSE CLINIC & AWARD



- **WORKHORSE CLINIC & AWARD**
Sunday, April 19 • Gr 8-11 • 1:00-2:30 pm
The Workhorse Award, presented by the Grand Forks YMCA Football Academy, is a high-level, running back development training event for 8th - 11th grade athletes who aspire to play college football. This 90-minute clinic features technical on-field training, film review (if applicable), evaluation, recruiting, and placement consultation, and the opportunity to train alongside some of the region's top players. Participation is limited to invited athletes and the first 12 registered players, creating an exclusive and competitive environment focused on development, exposure, and accountability. All participants are added to the Official Workhorse Watch List, recognizing the ball carrier who demonstrates the most impressive performance during the 2026 season.
- * At Sports Advantage: 1375 S Columbia Rd *

ATHLETIC MOVEMENT TRAINING

Summer 2026 Sessions

Session 1: June 1 - June 25 (\$125) • Session 2: June 29 - July 16 (\$125)
Session 3: July 20 - August 6 (\$100) • Whole summer: June 1 - August 6 (\$300)

YMCA YOUTH SPORTS

WE ARE FOR YOUTH DEVELOPMENT

The Y is dedicated to building healthy, confident, connected and secure children. We believe all kids deserve the opportunity to discover who they are and what they can achieve. That's why, through the Y, millions of youth today are cultivating values, skills and relationships that lead to positive behaviors, better health and educational achievement.

When your child participates in YMCA Youth Sports, they learn the basics, improve their skills and make new friends. Here at the Y, we make sure that every child gets to play and that our games are safe, fair, and most of all, fun.

YOUTH BASKETBALL LEAGUE (YBL)

The YMCA offers a Youth Basketball League each year. We have a fall season for girls, a winter season for boys and a spring season for boys and girls. YBL is a fun program that emphasizes basic basketball skills, sportsmanship, team play and participation. As in all YMCA sports, winning is downplayed and no league standings are kept. All players will get an equal amount of playing time. The volunteer coaches and referees work hard to make YBL a fun learning experience.

The Y Mission: To put Christian principles into practice through programs that build healthy spirit, mind and body for all.

For more information about Y programs and services for youth, adults, seniors and special populations, visit: www.gfymca.org.

Altru Family YMCA
215 N 7th St
Grand Forks, ND 58203
(701) 775-2586
www.gfymca.org



PLAY WITH A PURPOSE



NO PLACE

140 YEARS

Like This Place



ALTRU FAMILY YMCA SPORTS & CAMPS

SPRING 2026

www.gfymca.org • (701) 775-2586