

# 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 COURTS

Two courts are open daily. Reservations are encouraged.

### PICKLEBALL

Two courts in the mini gym are available. Call to reserve a time.

### 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.

### YMCA CODE OF CONDUCT

Members and guests are required to follow the [YMCA Code of Conduct](#) which is posted online and in the facility.

## CONTACT INFORMATION

Bob McWilliams	President/CEO	bmcwilliams@gfymca.org
Nicholas Jordan	Youth Development Director	njordan@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

## Y 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, 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).

### 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.

### BIRTHDAY PARTIES & BUILDING RENTALS

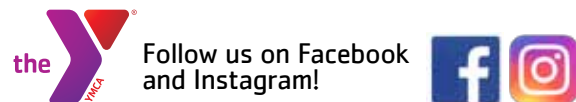
Designated areas of the YMCA are available for gatherings, meetings and birthday parties. Please contact the Y for updated information on rental options.

### 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).

### TWO GREAT FACILITIES - ONE MEMBERSHIP

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



# FALL 2024

# FIND YOUR PASSION PURPOSE FUN



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

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



# SPORTS

Youth Sports Registration Opens August 19

Contact Danny Ray  
dray@gfymca.org

## YOUTH SPORTS

## SPORTS ACADEMIES



### Mighty Mite Basketball

Oct 5-26 • Saturdays • Gr K-1  
Girls: 9:00-9:50 am  
Boys: 10:00-10:50 am  
\$50 Members / \$60 Non-members

### Girls Youth Basketball League (YBL)

Oct 8 - Nov 14 • Tues/Thurs  
Grades 2-3: 5:30-6:30 pm  
Grades 4-6: 6:45-7:45 pm  
\$65 Members / \$85 Non-members  
Location: Kelly School & the YMCA

### Itty Bitty Soccer

Nov 2-23 • Saturdays • Age 3-4  
9:30-10:10 & 10:20-11:00 am  
\$50 Members / \$60 Non-members

### Happy Feet Soccer

Nov 2-23 • Saturdays • Gr K-1  
Girls: 9:00-9:50 am  
Boys: 10:00-10:50 am  
\$50 Members / \$60 Non-members

### Karate

Youth age 6-12 / Wed., Fri., Sat.  
Classes are ongoing.  
Members \$25/month  
Non-members \$30/month

### Fundamentals of Hockey

Youth age 5-12 / Nov. 4, 11, 25 & Dec 2  
5:30-7:30 • Icon Sports Center

### Itty Bitty Basketball

Sept 7-28 • Saturdays • Age 3-4  
9:30-10:10 & 10:20-11:00 am  
\$50 Members / \$60 Non-members

### Itty Bitty Soccer

Sept 10-Oct 1 • Tuesdays • Age 3-4  
Elks Park  
5:30-6:10 & 6:20-7:00 pm  
\$50 Members / \$60 Non-members

### Mighty Mite Basketball

Sept 7-28 • Saturdays • Gr K-1  
Girls: 9:00-9:50 am  
Boys: 10:00-10:50 am  
\$50 Members / \$60 Non-members

### Itty Bitty Wiffleball

Oct 5-26 • Saturdays • Age 3-4  
9:30-10:10 & 10:20-11:00 am  
\$50 Members / \$60 Non-members

**FREE Try the YBL Skills & Drills**  
Thurs., Sept 19 • Gr 2-3, 5:30 pm/Gr 4-6, 6:30 pm

- FOOTBALL
- BASKETBALL
- VOLLEYBALL
- BOXING
- POWERLIFTING CAMP
- OLYMPIC LIFTING CAMP

Contact Adam Sorum  
asorum@gfymca.org

## YMCA YOUTH BASKETBALL TOURNAMENT

- Saturday, November 16
- Girls & Boys Grades 3-8



## 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

Sept 30-Dec 11 • Mondays & Wednesdays  
Register: Aug 16 - Sept 16

# FITNESS

Contact Adam Sorum  
asorum@gfymca.org

## GROUP FITNESS

## FITNESS CENTER

## PERSONAL TRAINING



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.

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, racquetball courts and more!

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

Contact Nicholas Jordan  
njordan@gfymca.org

## WATER SAFETY

## SWIM LESSONS

Swim Lesson Registration  
Opens August 19



### PRESCHOOL

Tuesday & Thursday  
4:00-4:30 pm & 4:40-5:10 pm  
Sept 3-26 / Oct 1-25 / Oct 29-Nov 21 /  
Dec 3-19 (prorate)  
Member: \$79, Non-Member: \$111

### SCHOOL AGE

Tuesday & Thursday  
5:20-5:50 pm & 6:00-6:30 pm  
Sept 3-26 / Oct 1-25 / Oct 29-Nov 21 /  
Dec 3-19 (prorate)  
Member: \$79, Non-Member: \$111

### PARENT & ME

Saturdays  
10:00 & 10:30 am  
Sept 14-Oct 5 / Oct 12- Nov 2 /  
Nov 9-30  
Wednesday  
6:00 - 6:30 pm  
Sept 18-Oct 9 / Oct 16-Nov 6 /  
Nov 13-Dec 11  
Member: \$49, Non-Member: \$61

### ADULT

Saturday & Sunday / 11:00-11:55 am  
Oct 26-Nov 10  
Thursday / 6:45-7:30 pm  
Sept 12-Oct 17 / Nov 14-Dec 19

**Life Jacket Check-Out**  
Infant - 90 lbs + / Free

### AGE GROUPS

All age groups are taught the same skills but are divided according to their developmental milestones. Visit our web site for more information.

### LEVELS 1-6

Water Acclimation; Water Movement; Water Stamina; Stroke Introduction; Stroke Development; Stroke Mechanics.

## CPR & FIRST AID

### CPR (BLS)

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

### HEARTSAVER CPR, FIRST AID, AED COMBO

9/11, 10/9, 11/6, 12/11 \$80

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

8/14, 9/18, 10/16, 11/13, 12/18 \$80

### E-LEARNING

Test in-house. Call the Y for details and to set up an appointment for testing.  
With card fees BLS: \$44  
With card fees Heartsaver: \$48  
Visit [www.elearning.heart.org](http://www.elearning.heart.org) for additional course fees.



# CHILD CARE

Contact Janine Jorgenson  
jjjorgenson@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.

### Parents Night Off Kids Night In

Fridays: 9/6, 10/4, 11/1, 12/6, 13, 20  
Ages 3-12 / 6:00-8:45 pm  
Must be potty trained.  
\$25 (additional child \$12)

### 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.

Sept 11 - Dec 11  
Wednesdays, 2:00-3:00 pm  
Ages 5 - 17 years.  
First Child \$87 (additional child \$77)