



ABOUT US

OUR MISSION

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

OUR VALUES

Caring

- Show a sincere concern for others.

Honesty

- Be truthful in what you say and do.

Respect

- Follow the Golden Rule.

Responsibility

- Be accountable for your promises and actions.



OUR FOCUS

- For Youth Development
- For Healthy Living
- For Social Responsibility

YMCA CODE OF CONDUCT

At the Y we encourage everyone to engage in healthy lifestyles, respect differences, model empathy, support relationships and behave in a safe way. Members, guests and staff are expected to treat others - and our facility - in a respectful manner. The YMCA Code of Conduct is posted online and at the YMCA facility. Please report any questionable behavior to Y staff.

COVID STATEMENT: Please do not enter the facility: 1) if you have any symptoms of COVID-19 such as shortness of breath, fever, or coughing; 2) if you have had contact with someone who has tested positive for COVID-19: 1) if you have received a recent positive lab test for COVID-19. Please follow federal, state and local quarantine and testing protocol to ensure your health and safety and that of others.

STRENGTHENING COMMUNITY IS OUR CAUSE



Welcome to the Y where we work side-by-side with our neighbors to make sure everyone, regardless of age, income or background, has the opportunity to learn, grow and thrive.

At the Altru Family YMCA you are a member of our community. We are a non-profit organization that has been serving the Greater Grand Forks area since 1886. We believe strong communities are possible only when we invest in our kids, our health and our neighbors.

It is important to us that you feel welcome and comfortable as a new member and that you are aware of the full benefits of your membership.

If you have any questions, don't hesitate to ask any Y staff member. We are here to help.

Thank you for joining our community!



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



The benefits of a Y membership are too many to list! Here are a few of the most important things you should know about your membership privileges.

NATIONWIDE MEMBERSHIP

With Nationwide membership, Y members can visit any participating YMCA in the United States and Puerto Rico at no additional cost. Contact the Y you plan on visiting ahead of time to ensure they are allowing visitor at this time.

ONE MEMBERSHIP - MORE OPTIONS

Your YMCA Membership includes general membership privileges, including fitness class offerings, at **Choice Health & Fitness**. This unique partnership has been enjoyed by many members of both facilities.

FREE FITNESS CENTER ORIENTATION

You can make an appointment in the Fitness Center for one or more of our many free orientations: Fitness Center 101; Nautilus Strength Training; Intro to Free Weights; Personal Fitness Training; and Youth Fitness Membership. If you're not sure, call and visit with Shawn Reich and he will set you up with the appropriate training.

PROGRAM DISCOUNTS

Most of our YMCA programs offer discounted prices to Y members, including youth sports, swim lessons, personal training, and others.



ALTRU FAMILY YMCA
215 N 7th St
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(701) 775-2586
www.gfymca.org



Let us be the best part of your day. Now that you're a member of the Y, here are a few suggestions to help you get the most out of your YMCA experience.

SCHEDULE A TOUR

Visit Y Member Services to inquire about a tour of the facility, meet the staff and become more familiar with Y programs and services.

ATTEND AN EVENT

The Y sponsors many events throughout the year, such as the Firecracker 5K/10K, Winter Indoor Triathlon, Health Trip, Golf Tournaments and more. We're always looking for ways to get people involved and having fun.

PICK UP A PROGRAM CATALOG

Catalogs are available in print at Y Member Services or online.

VISIT OUR WEB SITE

Just about anything you need to know about the Altru Family YMCA, including classes, aquatics schedules, safety certifications, child care and more, can be found at: www.gfymca.org

GET CONNECTED • STAY INFORMED

Providing your e-mail address and connecting with us on Facebook and Instagram will ensure that you receive important announcements, updates and weather statements.

GET INVOLVED - GIVE BACK

We have excellent volunteer opportunities in youth sports, adult special programs, special events and more. Complete a volunteer application and a Y representative will contact you with your options.

QUESTIONS & COMMENTS

We appreciate your feedback. If you have any suggestions, questions or comments, please visit with any member of our Y team.