

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.

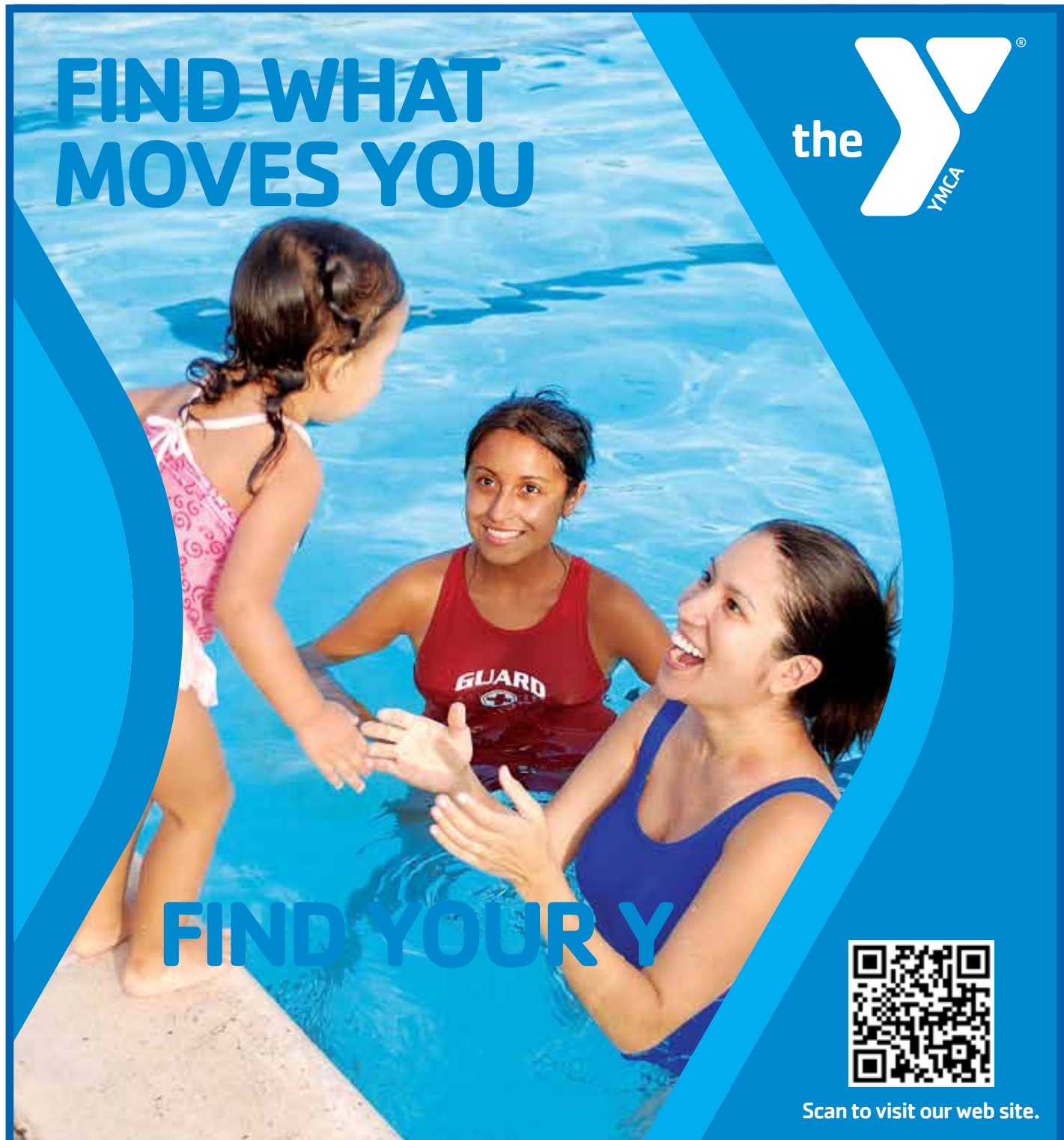
TRACK: Youth under age 12 must be accompanied/supervised by an adult.



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



WINTER 2025

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 3-4
9:40-10:10 am
\$52 Members / \$62 Non-members

Mighty Mite Basketball
Jan 25-Feb 15 • Saturdays • Gr K-1
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 - 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

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

Contact Nicholas Jordan
njordan@gfymca.org

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
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.

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.

Pending swim lesson schedule. Call for availability.

PRESCHOOL *
Tuesday & Thursday • Age 3-5
Levels 1-3
4:00-4:30 pm & 4:40-5:10 pm
Jan 21-Feb 13 / Feb 18-Mar 13 / Mar 18-April 10 / April 15-May 8
Member: \$81, Non-Member: \$114

SCHOOL AGE *
Tuesday & Thursday • Age 6-13
Levels 1-6
5:20-5:50 pm & 6:00-6:30 pm
Jan 21-Feb 13 / Feb 18-Mar 13 / Mar 18-April 10 / April 15-May 8
Member: \$81, Non-Member: \$114

PARENT & ME *
Saturdays
10:00-10:30 & 10:30-11:00 am
Jan 25-Feb 15 / Feb 22-Mar 15 / Mar 22-April 12 / April 19-May 10
Wednesdays
6:00-6:30 pm
Jan 22-Feb 12 / Feb 19-Mar 12 / Mar 19-April 9 / April 16-May 7
Member: \$50, Non-Member: \$63

ADULT *
Saturday & Sunday / 11:00-11:55 am
Mar 15-30
Thursday / 6:45-7:30 pm
Jan 30-Mar 6 / April 3-May 8
Member: \$67, Non-Member: \$87

LEVELS 1-6
Water Acclimation; Water Movement; Water Stamina; Stroke Introduction; Stroke Development; Stroke Mechanics. **Level 1-2:** little to no experience, cannot swim in deep end, can't tread water. **Level 3:** some experience, can't swim in deep end without life jacket (age 6+). **Level 4-6:** experienced, can do most strokes, can swim in deep end without lifejacket.

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

CPR & FIRST AID

CPR (BLS)
Basic Life Support / AHA 6 pm \$45
1/6, 2/3, 3/3, 4/7, 5/5

HEARTSAVER CPR, FIRST AID, AED COMBO
1/8, 2/5, 3/5, 4/9, 5/7 6 pm \$80

PEDIATRIC HEARTSAVER CPR, FIRST AID, AED COMBO 6 pm \$80
1/15, 2/12, 3/12, 4/16, 5/14

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 for additional course fees.

